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Non-Pharmacological Labor Pain Management & Patient Centered Care

A Literature Review of Evidence Based, Culturally Congruent Interventions

What if something as simple as chewing gum or massage could reduce labor pain?

Labor pain is complex, individualized & influenced by culture, preferences and support.

Background:

- Labor pain is often managed with epidural anesthesia
- Effective but may have side effects + not aligned with all cultures
- Growing interest in holistic, non-pharmacological approaches

What Did I Discover?

Massage

- Delays need for medication
- Improves pain tolerance

Chewing Gum

- Lowers Pain
- Lowers Anxiety
- Low cost & easy

Auricular Acupressure

- Lowers pain intensity
- Lowers labor duration

The **Overall Discovery** is Non-pharmacological methods:

- Reduce pain
- Improve satisfaction
- Support patient centered & culturally congruent care



What is Known in the Literature?

Effective at reducing labor pain
Improve maternal satisfaction
Non-invasive & low risk
Promotes patient autonomy & shared decision making
Cultural beliefs influence pain management choices
Support from providers impacts satisfaction MORE than pain method alone

What is NOT Known?

- Limited diversity in study populations
- Small sample sizes
- Cultural differences not fully explored
- Long term outcomes unclear

Future Research Ideas:

- More diverse populations
- Compare combinations of interventions
- Explore long term maternal outcomes
- Study integration into different healthcare systems

Implications for Nursing Practice

Nurses should:

- Offer non-pharmacological options
- Respect cultural beliefs & preferences
- Promote patient autonomy
- Encourage shared decision making
- Provide education on pain management choices
- Focus on emotional + physical support

PICOT

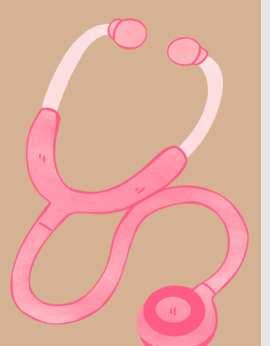
P: Women in labor

I: Massage, gum chewing, acupressure

C: Epidural

O: Pain + satisfaction

T: During labor



Non-pharmacological interventions are effective, accessible and support holistic, patient centered care in labor.

References

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