

Study Guide Answer Key

Learning Activities

1. c, e, d, a, b
2.
 - a. Dilution and stretching of the cervix
 - b. Reduced uterine blood supply during contractions
 - c. Pressure of the fetus on pelvic structures
 - d. Stretching of the vagina and perineum
3.
 - a. Prelabor changes can help the cervix efface and dilate most readily
 - b. Pelvic size and shape influence how readily a fetus descends; may favor normal fetal position or cause fetus to remain in an unfavorable position.
 - c. Short, intense labor may cause greater pain because each contraction does so much work of effacement, dilation, and fetal descent. Rapid labor limits pharmacologic pain control choices and can make it difficult for a woman to use learned skills to cope with labor.
 - d. Fatigue reduces pain tolerance and reduces the woman's ability to use coping skills that she may have learned.
 - e. Unfavorable fetal presentations or positions (such as occiput posterior) can put added pressure on sensitive areas and can prolong labor.
4. Moderate anxiety or fear heightens a woman's interest in learning pain management techniques. Excessive anxiety reduces uterine blood flow, makes contractions less effective, and increases muscle tension that interferes with the powers of uterine contractions.
5.
 - a. Reduces fear of the unknown that would increase muscle tension and therefore pain; release tension to increase effectiveness of uterine contractions and serve as a distraction.
 - b. Conditioning exercises to prepare the body for birth and relieve discomforts such as back discomfort
 - c. Collect this information about specific classes at your clinical facility.
6.
 - a. Provide pain management before pharmacologic methods can be instituted.
 - b. Provide pain control for pain that remains after medications.
 - c. Realistic option if the woman arrives in advanced labor, too late to give narcotic analgesia or institute an epidural block.
7.
 - a. Relaxation is basic to all other methods, because it releases tension that inhibits normal labor. Relaxation techniques also occupy the mind, providing distraction.
 - b. (1) Adjust environment for comfort; (2) hygienic measures; (3) water therapy; (4) orienting to room and procedures, processes of birth; (5) watch for muscle tension and teaching partner same; (6) change position; (7) specific guidance to relax. See also Box 7-1.
8.
 - a. Breathe slowly, especially when exhaling, breathe into cupped hands, place a moist washcloth over mouth and nose, hold breath for a few seconds before exhaling.
 - b. Blow in short breaths when the urge to push occurs.
9.
 - a. Physician who specializes in anesthesia administration
 - b. Registered nurse who has completed additional schooling and taken a certification test to become an advanced-practice nurse in the administration of anesthesia
10. Narcotic analgesics can cause respiratory depression, usually affecting the newborn. Narcotic administration over 1 hour from birth reduces the amount that would affect the infant at the time of birth. Not often given late in labor as epidural is now preferred.
11. Naloxone (Narcan) is used to reverse respiratory depression, usually in the newborn, caused by maternal opioid drugs. Naloxone is not effective against nonopioid hypoxia. Naloxone can be given IV through a peripheral vein or through the umbilical vein immediately after the baby's birth. Naloxone can be given

Leifer Study Guide

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