

MANUAL OF BETTER

PAIN MANAGEMENT TECHNIQUES



*Pain relief helps to promote a fast
delivery and healthy mother and baby*

BETTER Pain relief helps to promote a fast delivery and healthy mother and baby

BREATHE *deeply and rhythmically*



Why apply this technique?

- Helps control panic so mother can focus
- Preserves energy and enhances oxygen flow

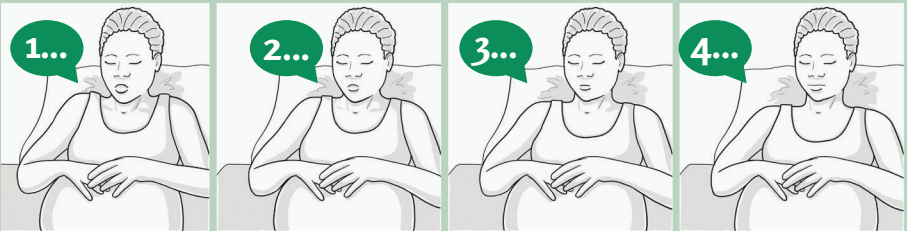
WHO Reproductive Health Library. WHO recommendation on relaxation techniques for pain management during labour (February 2018). The WHO Reproductive Health Library; Geneva: World Health Organization.

How to apply this technique

During early stages: BREATHE SLOWLY



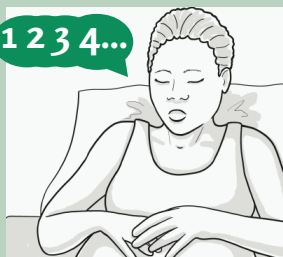
Say: “Breathe in slowly, count to 4. Let your abdomen expand.” **Check**



Say: “Breathe out, count to 4 again. Let your abdomen contract.” **Check**

Encourage her to continue on her own

During active labor: BREATHE QUICKLY



Say: “Breathe in and out quickly through your mouth. About one breath per second.” **Check**

ENCOURAGE



Praise and reassure mother

Why apply this technique?

- Keeps mother informed and builds trust, so mother will listen to instructions
- Helps mother to relax and reduces her anxiety

How to apply this technique

During early stages



- Give feedback on progress.
- Recognize her feelings.
- Reassure her that things are going well.
- Encourage her to eat and drink fluids.

During active labor



- Praise how well she is doing.
- Encourage each breath in a calm, confident voice.
- Talk to her between contractions and encourage her to release tension with every breath out.

TURN

Change position or walk around



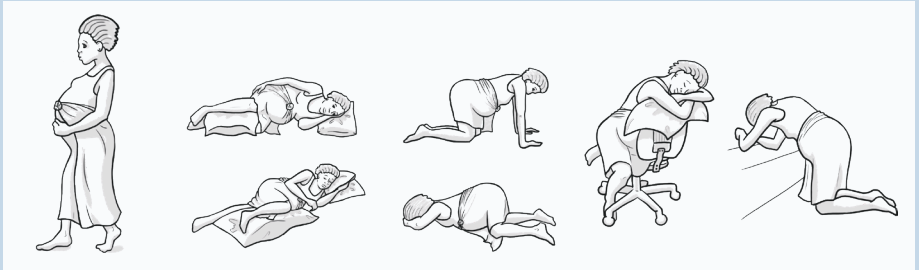
Why apply this technique?

- Reduces anxiety and relieves pain so mother can focus
- Preserves energy of mother

How to apply this technique

During early stages

- Change positions as needed to relieve pain. Try walking.
- Sitting upright or side-lying may be more comfortable than lying on her back.



Progressive Muscle Relaxation

(Dr. Jacobson MD PhD LLD)



- Make a fist for 3-5 seconds. Inhale. Relax the fist. Exhale.
- Make a strong fist with the other arm. Repeat as above.



- Tense shoulders for 3-5 seconds. Inhale. Relax the shoulders. Exhale.
- Tense leg for 3-5 seconds. Inhale. Relax leg. Exhale.
- Tense the other leg. Repeat as above.

BETTER Pain relief helps to promote a fast delivery and healthy mother and baby

THINK *about something positive*



Why apply this technique?

- Helps reduce fear, anxiety, and pain
- Helps mother to focus

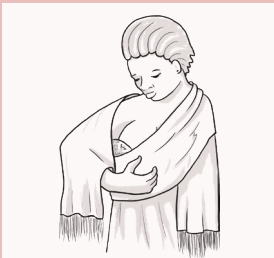
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How to apply this technique

Ask mother to think about



- Her family



- Her baby
 - How will she hold her baby?
 - How will her baby feel?
 - How will she feel?

Chat or joke with the mother



RUB *mother's lower back*



Why apply this technique?

- Counter-pressure relieves pain of intense contractions
- Rubs are one of the most requested pain management techniques once clients are familiar with them

How to apply this technique

During contractions

- Use the heel of your hand to press firmly over the base of the spine
- Lean in with your body weight to apply enough pressure to counteract strong contractions
- Try using a ball to apply pressure



After contractions

- Use the whole flat of your hand to stroke down each side of the spine, from shoulder to bottom
- Use long, slow strokes
- Try using the ball to massage



