

## Labor Pain Management

### Objectives

- Compare and contrast benefits and disadvantages of pharmacologic and nonpharmacologic pain management strategies used during labor
- Review the systemic pharmacologic options for pain management in labor
- Summarize the neuraxial regional anesthesia options for pain management
- Discuss the different nonpharmacologic strategies used for pain management in labor
- Identify the side effects and contraindications to pharmacologic and non-pharmacological methods of pain relief in labor

### Content Outline

1. Non-pharmacologic pain strategies used in labor
  - A. Continuous labor support
  - B. Changing positions
  - C. Nitrous oxide
  - D. TENS
  - E. Massage and relaxation techniques
  - F. Acupuncture and acupressure
  - G. Hypnosis
  - H. Intradermal sterile water injections
  - I. Hydrotherapy
  - J. Heat and cold therapy
2. Systemic Opioids and Other Medications
  - A. Parenteral opioids
  - B. Parenteral non-opioids
  - C. Peripheral nerve blocks
3. Neuraxial Regional Anesthesia
  - A. Epidural
  - B. Combined spinal and epidural
  - C. Dural puncture epidural
  - D. Adjunct drugs used with neuraxial regional anesthesia

### Reading Material Resources

**Module WB2411: Labor Pain Management** is based on the resources listed below. A copy of each resource is included with the module.

Pain Management in Labor, Smith, et al., The American Family Physician, Volume 103, Number 6, March 15, 2021, 355-364

Alternatives to neuraxial analgesia for labor and delivery, Bui, et al., International Anesthesiology Clinics, (2021), 59:3, 22-27

Reviewing pain management options for patients in active labor, Farham, Tammy, Nursing 2020, Volume 50, Number 50, June 2020, 25-30