

Chapter 7 Study Questions

What are four factors that cause pain during labor?

- a. _____
- b. _____
- c. _____
- d. _____

How would a woman's anxiety or fear relate to labor pain? _____

What are three reasons why it is useful for any laboring woman to know nonpharmacologic pain control methods.

- a. _____
- b. _____
- c. _____

Why is promoting a woman's relaxation during labor essential to any type of pain management?

What are four ways to help the laboring woman relax.

What nursing care could help a woman cope with the following problems during labor?

Hyperventilation _____

Urge to push before complete cervical dilation _____

Why is it usually best to avoid opioid narcotic analgesics if birth is anticipated within 1 hour of administration.

For each type of regional anesthetic listed below, describe (i) how it is administered, (ii) the location of pain relief, (iii) its major side effects, and (iv) medical and nursing measures related to its use.

a. Pudendal block

i. _____

ii. _____

iii. _____

iv. _____

b. Epidural block

i. _____

ii. _____

iii. _____

iv. _____

c. Subarachnoid block

i. _____

ii. _____

iii. _____

iv. _____

How do each of these physical factors influence a woman's pain during labor?

a. Cervical readiness:

b. Pelvic size and shape:

c. Labor intensity:

d. Maternal fatigue:

e. Fetal presentation and position:

In what ways does exercise benefit a woman during pregnancy? _____

What factors distinguish childbirth pain from other types of pain?

i. _____

ii. _____

iii. _____

Explain how the Gate Control Theory helps control pain. _____

Explain how Endorphins benefit during labor. _____

Explain how the following analgesics and related drugs are used and the effects.

Meperidine: _____

Fentanyl: _____

Nubain: _____

Narcan: _____

Nitrous oxide: _____

When would narcotic analgesics be held to help control pain during labor? Why?

Explain the difference between an analgesic and anesthetic when used.
