Poster Presentation

Ferris State University

NURS 531

Presenters:

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Laboring Down during Epidural Infusion

Research	Implications	Problems
▪ Randomized-Clinical Trial ▪ Nulliparous women, continuous-standard dose of an epidural infusion, 2nd stage of labor ▪ Fetal age > 36 weeks; Maternal age > 16 years ▪ Decreased pushing time by 27 % ▪ Decreased use of instrument-use ▪ Decreased maternal exhaustion	▪ The length of active pushing ▪ The length of the 2nd stage of labor ▪ Maternal satisfaction ▪ Maternal fatigue related to immediate pushing	▪ No differences were noted in cesarean rates, perineal injuries, and episiotomies

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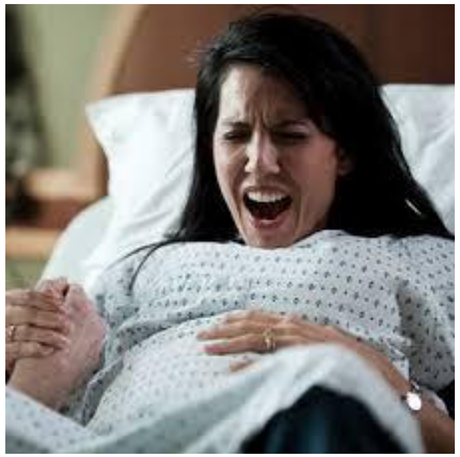
Imagine More

Laboring Down or Pushing in 2nd Stage of Labor…



PICO

"What is the effect of pushing in the 2nd stage of labor, as compared to laboring down in the 2nd stage of labor?"

RESEARCH	IMPLICATIONS	RESULTS
"What is the effect of pushing in the 2nd stage of labor as compared to laboring down in the 2nd stage of labor" (Prinns, Boxem, Lucas, & Hutton, 2011)	• Systematic Review • 425 women • Spontaneous pushing • Valsalva pushing	• 57 minutes Valsalva • 121.4 minutes spontaneous • Urge to void
"Pushing and bearing down methods for the second stage of labour" (Lemos, et al., 2015)	• Quasi- Randomized • 815 women • 2879 woman • Direct/Spontaneous	• 5 minutes less, direct • 54 minutes less , direct • Low pH with spontaneous
"Effects of a pushing intervention on pain, fatigue and birthing experiences among Taiwanese women during the second stage of labour" (Chang, et al., 2011)	• Quasi -experimental • 20 women • Spontaneous/Direct pushing • VAS scale • Pain	• Less pain with direct • Spontaneous, less time • Questionable positioning • Further evaluation

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Spontaneous pushing or laboring down versus the Valsalva or direct pushing method

- Both Posters provide substantial evidence based practice
- Benefits to both methods
- Presenters having obstetric background
- Conclusion

  ✓ Utilize both methods in correlation to nurse and provider judgement per case scenario.

References

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