

Unit Four
Choosing With Love
NOTES

Title:	Making Decisions About Interventions
Page:	54
Type:	Fact Sheets
Purpose:	List the questions necessary for informed consent.
Time:	20 minutes
Directions:	<p>Spend less than five minutes discussing the importance of each question. Split the class into small groups, or work as families. Give each group a labor decision card. Using the information they have researched, have the groups write out answers to each of the questions for the intervention suggested on the labor decision card..</p> <p>After five to ten minutes to seek the answers, have groups share their scenario and the information they found. Have them share any information they were unable to find. Have the class offer answers and suggestions of additional sources of information.</p>
Facilitating:	<p>Giving families time to work on the question before having them share increases the chance they will actually look up the information and participate in the discussion, but if time is tight, you could have the families work through a few scenarios as a large group.</p> <p>Activities that force families to use the information they are learning will do more to allow them to remember, understand and use the information when it comes time to make decisions in labor. If families need prompting, work through one scenario as a group.</p>
Materials:	Intervention Information Sheets Childbirth books Labor Decision cards
Scripture:	<p>Proverbs 2:6 For the LORD gives wisdom, and from his mouth come knowledge and understanding.</p> <p>God can help you make a good decision even when you feel the options are overwhelming. God can give you wisdom even when you feel the choices are too complex.</p>

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My Thoughts...

Making Decisions About Interventions

Each intervention has specific benefits and risks. Most situations have more than one way you can handle them. Your job is to determine how to handle each situation so the benefits of your decision outweigh the risks.

What is the importance of knowing the answers to the following questions?

Why is this being recommended?

What do you hope will be accomplished by using this intervention?

What are the risks of using this intervention?

What is the next step if this does not work?

What are my other options and what are their risks?

Discussion Questions:

What are some ways to get the answers to these questions?

How do these ways compare to each other?

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Title:	Handling Medication Side Effects
Page:	55
Type:	List making
Purpose:	List ways to manage side effects of medications during labor.
Time:	5 minutes
Directions:	<p>Introduce this sheet after your families have identified some of the potential side effects of medications.</p> <p>Introduce the suggestions listed on this worksheet as ways to manage the most common side effects for labor medications. These techniques can help if families decide medications are necessary for part of labor.</p> <p>Remind families that not every woman has every side effect. Differences in timing of administration, position of baby, sensitivity to medications and specific medications used mean every woman will react to the medications in her own way. These are the most common reactions.</p>
Facilitating:	<p>You may recommend families highlight the items they would like to have with them in their labor bag just in case.</p> <p>Be sure families understand there is no way to predict side effects. These are possibilities if a medication is used and therefore should be considered as they evaluate the benefits and risks. However they will not know which side effects they will have until after the medication has been administered.</p> <p>Previous experience with drugs, both prescription and street, may help predict side effects or outcomes with medications for labor. Encourage families to share medication histories with those helping them make drug-related decisions to have the best chance for the least side effects.</p>
Materials:	Bring as many items as possible to help demonstrate their use.

Handling Medication Side Effects

Although medications can help women during labor, they sometimes cause unwanted side effects. Not every woman will experience every side effect from a medication, and there is no way to know which side effects you may experience. For that reason, it is best to be familiar with a variety of ways to manage the most common side effects.

Itching

- Cool cloths on skin
- Cold packs on skin
- Naloxone iv (reduces pain relief)
- Avoid fentanyl in the next dose (reduces pain relief)
- Diphenhydramine (makes you sleepy)

Shivering

- Warm IV fluid
- Warm blankets
- Complete Relaxation/Hypnotic state

Nausea/Vomiting

- Cool cloths or ice to forehead or neck
- Peppermint lozenge
- Peppermint, citrus or lavender essential oil
- Fennel or ginger tea
- Sugar water
- Mouthwash
- Pharmacological Relief

Urinary Retention

- Empty bladder before administration
- Try toilet/bedpan after 1 hour
- Turn on trickling water
- Be patient
- Peppermint essential oil in the bedpan/toilet (1 drop)
- Catheterization

Inadequate Pain Relief

- Wait 20 minutes for full effect of medication
- Turn to side of most pain (gravity helps)
- Try to pinpoint where you feel pain
- Call the anesthesiologist and explain what you feel
- Use breathing and focusing techniques

Discussion Questions:

- Which methods are most agreeable to you?
- How can you be ready to use these during labor?