

## Pain and Coping Assessment and Interventions During Labor

Year: \_\_\_\_\_

Evaluator Signature: \_\_\_\_\_ ; \_\_\_\_\_ ; \_\_\_\_\_

Employee Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Expected Competency	Demonstrates Competency Date/Initial	Notes/Comments
Assesses woman's pain level using a pain assessment tool such as a numeric scale, according to facility protocol.		
Identifies woman's plan for pain control and supports woman's decision.		
Demonstrates non-pharmacologic pain interventions such as: <ul style="list-style-type: none"> <li>• massage or back rub</li> <li>• application of heat and cold</li> <li>• position changes when appropriate such as:                             <ul style="list-style-type: none"> <li>○ ambulation</li> <li>○ sitting, rocking</li> <li>○ side-lying</li> </ul> </li> <li>• breathing techniques</li> <li>• acupressure</li> <li>• distraction</li> <li>• hydrotherapy, if available</li> <li>• sterile saline injections</li> </ul>		
Describes paraenteral medications available for use during labor and includes: <ul style="list-style-type: none"> <li>• appropriate time of administration</li> <li>• dosages</li> <li>• maternal effects</li> <li>• fetal and neonatal effects.</li> </ul>		
Verbalizes facility protocol about nursing responsibilities before, during and after regional analgesia/anesthesia placement.		
Administers bolus IV fluid before initiation of regional anesthetic/analgesic, if ordered.		
Verbalizes maternal and fetal assessments and frequency before, during, and after regional placement, according to facility protocol: <ul style="list-style-type: none"> <li>• maternal vital signs and intake and output</li> <li>• fetal heart rate and pattern and uterine</li> </ul>		

<p>activity by fetal monitor, using NICHD terminology to interpret data</p> <ul style="list-style-type: none"> <li>• maternal bladder for urine retention</li> <li>• coping or pain level.</li> </ul>		
<p>Verbalizes potential side effects and complications related to regional analgesia or anesthesia in labor including:</p> <ul style="list-style-type: none"> <li>• maternal hypotension</li> <li>• intravascular injection of local anesthetic</li> <li>• maternal respiratory distress</li> <li>• fetal bradycardia</li> <li>• maternal fever</li> <li>• maternal urinary retention</li> <li>• decreased motor strength and control</li> <li>• pruritus</li> <li>• nausea and vomiting</li> <li>• slowing of labor progress</li> <li>• potential decrease in effective pushing during the second stage of labor.</li> </ul>		
<p>Identifies interventions for side effects or complications such as</p> <ul style="list-style-type: none"> <li>• lateral positioning</li> <li>• additional IV fluid bolus as ordered</li> <li>• ephedrine IV</li> <li>• cardiopulmonary resuscitation if necessary</li> <li>• notification of anesthesia or obstetric care provider as needed</li> <li>• assists woman whenever she ambulates, when ambulation is possible</li> <li>• antiemetic medication administration</li> <li>• delaying pushing during the second stage of labor to allow sensation of pressure to increase sufficiently to guide the women's pushing efforts.</li> </ul>		
<p>Documents according to facility protocol.</p>		

Association of Women's Health, Obstetric and Neonatal Nurses. (2001). Nursing care of the woman receiving regional analgesia/anesthesia in labor (Evidence-Based Clinical Practice Guideline). Washington, D. C.: Author.

Association of Women's Health, Obstetric and Neonatal Nurses. (June 2007). Role of the registered nurse (RN) in the care of the pregnant woman receiving analgesia/anesthesia

by catheter techniques (epidural, intrathecal, spinal, PCEA catheters) (Position Statement). Retrieved from:  
[http://www.awhonn.org/awhonn/content.do?name=05\\_HealthPolicyLegislation/5H\\_PositionStatements.htm](http://www.awhonn.org/awhonn/content.do?name=05_HealthPolicyLegislation/5H_PositionStatements.htm)

Gulliver, B. G., Fisher, J., & Roberts, L. (2008). A new way to assess pain in laboring women: Replacing the rating scale with a “coping” algorithm. *Nursing for Women’s Health, 12*(5), 404–408.

Leinhard, J. (2009). Images of laboring women (Comment on A new way to assess pain in laboring women: Replacing the rating scale with a “coping” algorithm). *Nursing for Women’s Health, 13*(1), 13.

Simpson, K.R., & Creehan, P.A. (2008). *AWHONN Perinatal Nursing* (3<sup>rd</sup> ed.). Philadelphia: Lippincott Williams & Wilkins.