

BIRTHING NATURALLY

Pain Coping Plan

You have many options for how you manage the discomfort or pain you feel during labor. Every option has its own set of benefits and risks. Your task will be to choose the methods that allow you to cope with labor while adding the least amount of risk to the labor. This worksheet will help you review your choices so you can ensure you are prepared to cope during labor

My plan to cope with pain is to:

I expect this method to:

- Remove all pain
- Remove most pain
- Remove a little pain
- Remove anxiety/stress
- Don't know what I expect

This method is:

- Usually successful at relieving pain
- Often successful at relieving pain
- Sometimes successful at relieving pain
- Don't know how effective it is

The risk of this method are:

- It may not work
- It may slow down labor
- It may not be available when I am in labor
- It can affect my baby by: _____
- It can affect me by: _____
- Don't know the risks

I know this method:

- Allows me to eat
- Allows me to drink
- Allows me to change positions
- Allows me to have time off the monitor
- Allows me to be mobile
- Allows me to use the shower or tub
- Allows me to rest
- Allows me to try something else if not successful
- Don't know what I can do with this method

If this method does not work, I will:

PAIN COPING STRATEGIES

Environment

Keep the environment as comfortable and relaxing as possible.

Relaxation

May include breathing techniques, meditation, prayer, and other relaxation exercises.

Touch

Using massage and pressure to help stay comfortable.

Water

Spending time in either the tub or a shower.

Movement

Changing positions in response to your bodies signals.

Tranquilizers

Induce sleep, do not provide pain relief.

Narcotics

Given as a shot or in an IV, can reduce the sensation of pain.

Epidural

Medication placed in the back to prevent painful sensations.