

Comfort Measures Syllabus

Comfort Measures workbook is included in this 2 ½ hour class giving you the latest evidence-based practices and information on non-pharmacological comfort techniques to use in labor.

Introduction:

Breathing

❖ Environment

- The Five Senses- Setting the Stage:
 - SIGHT
 - SOUND
 - SCENT
 - TOUCH
 - TASTE

❖ Session I: Early Labor

- Breathing: It's all about Lamaze...
- Activities:
 - Diversionary Activities:
- Five Senses:
 - Touch through Movement
 - Touch on the Skin
 - Touch through pressure/ vibration
 - Position Changes:

Progressive Tension-Release Practice:

❖ Session 2: Active Labor

- Breathing: Sometimes a change will do you good...Paced breathing
- Activities
- Position Changes
- Birthing Ball- Positions, movements and massage
- Touch:
 - ◆ Acupressure/ Counter-pressure
 - ◆ Hot-Cold
 - ◆ Hydrotherapy
 - ◆ Massage

❖ Session 3: Transition and Pushing

- Breathing: When you feel tons of pressure...Open wide and say, "AHHhhhhhh"...
- Comfort Measures
 - Acupressure/ Counter-pressure
 - Movement

❖ Session 4: Stage Two: Pushing!

- Breathing: Push pattern
- Comfort Measures: Compresses, Counterpressure, Massage
- Positions for Second Stage