

# How Women Manage Their Pain Non-Pharmacologically During Labor Outside the Hospital Setting

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## Overview

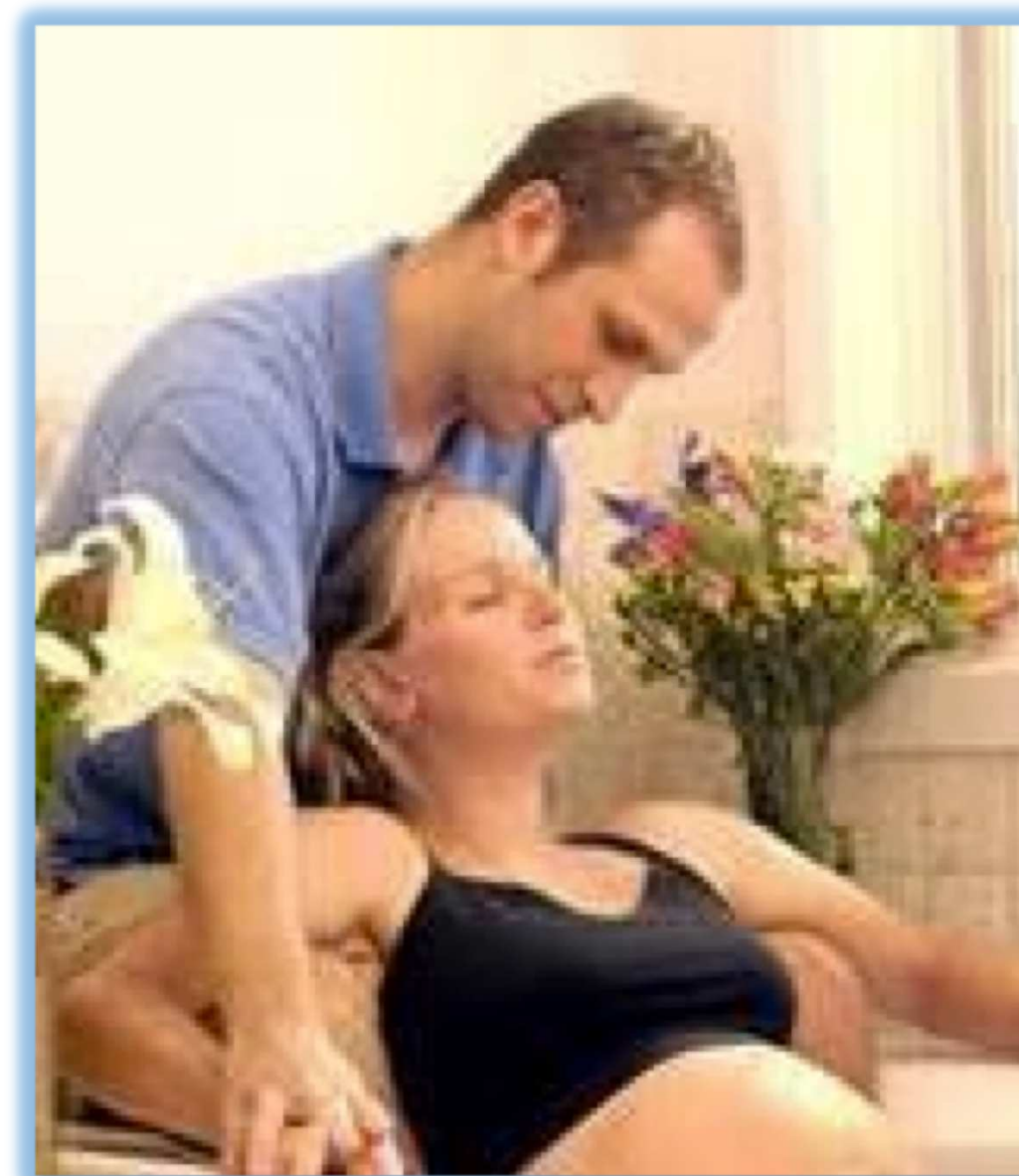
Research Question: How do women manage labor pain outside the hospital setting in the United States?

### Purpose:

- To understand how American women manage their pain without using any pain medication, and
- How they learned these techniques.

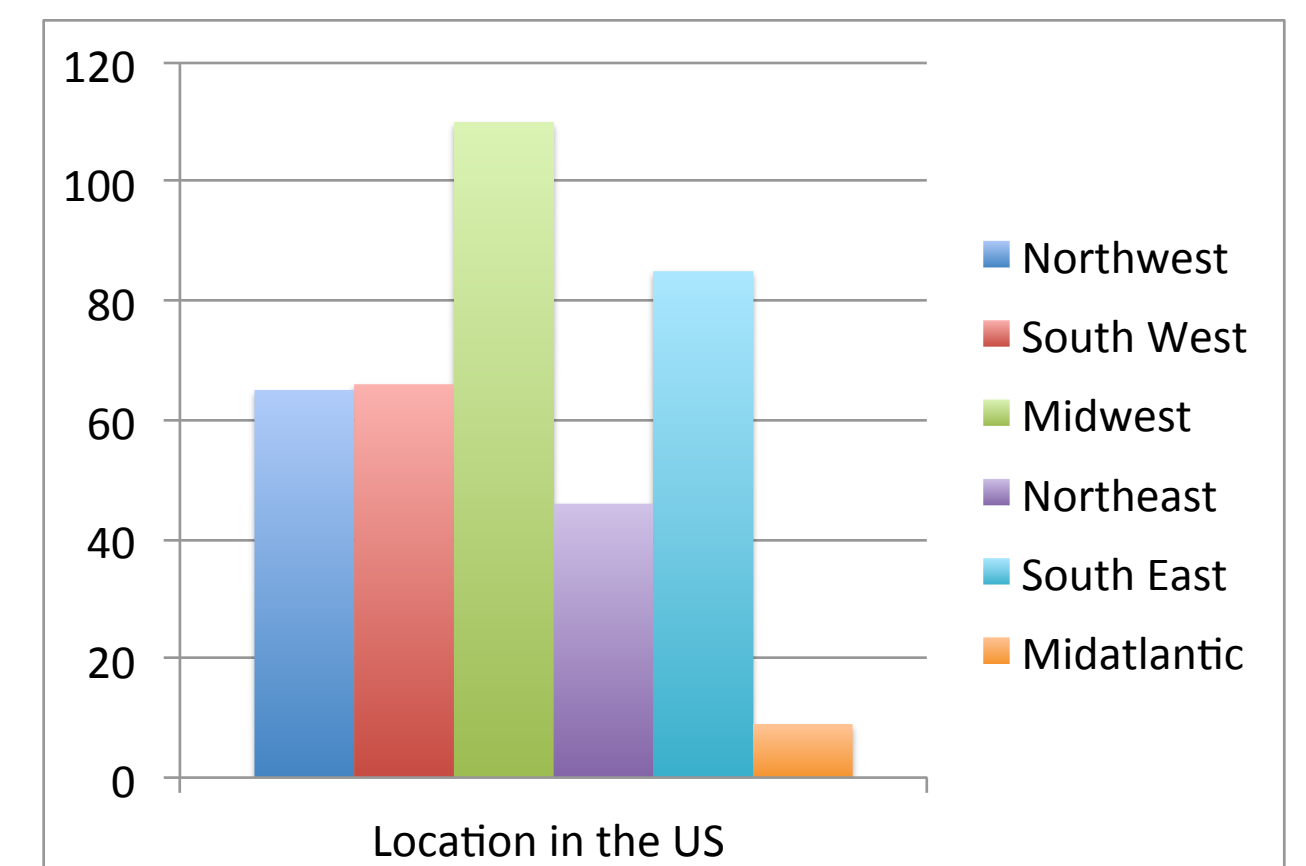
Participants: N=437, Women >19 years old that have given birth with no pain meds outside the hospital.

Method: Quantitative and qualitative survey using *Qualtrics* distributed via social media

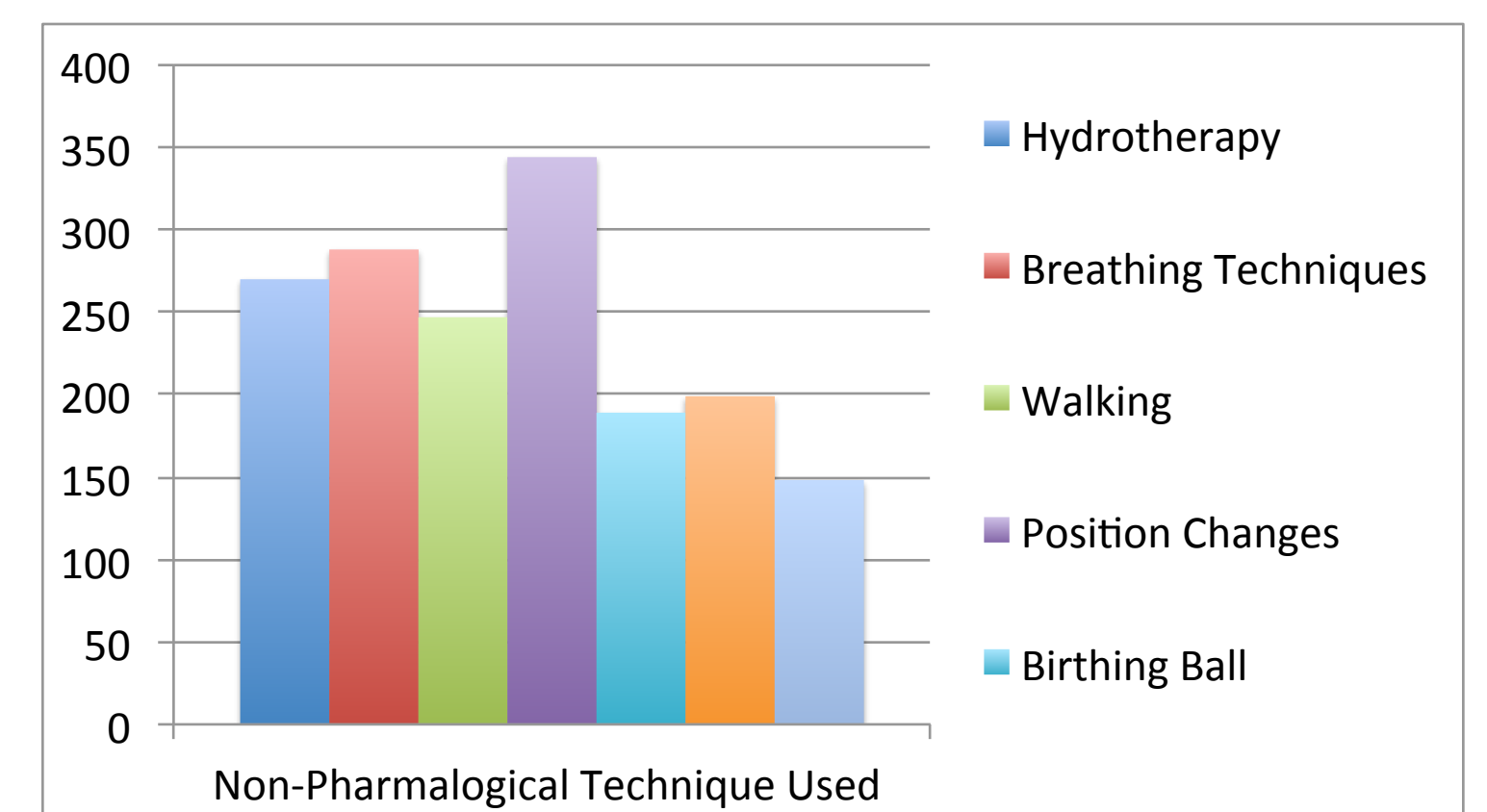


## Key Findings

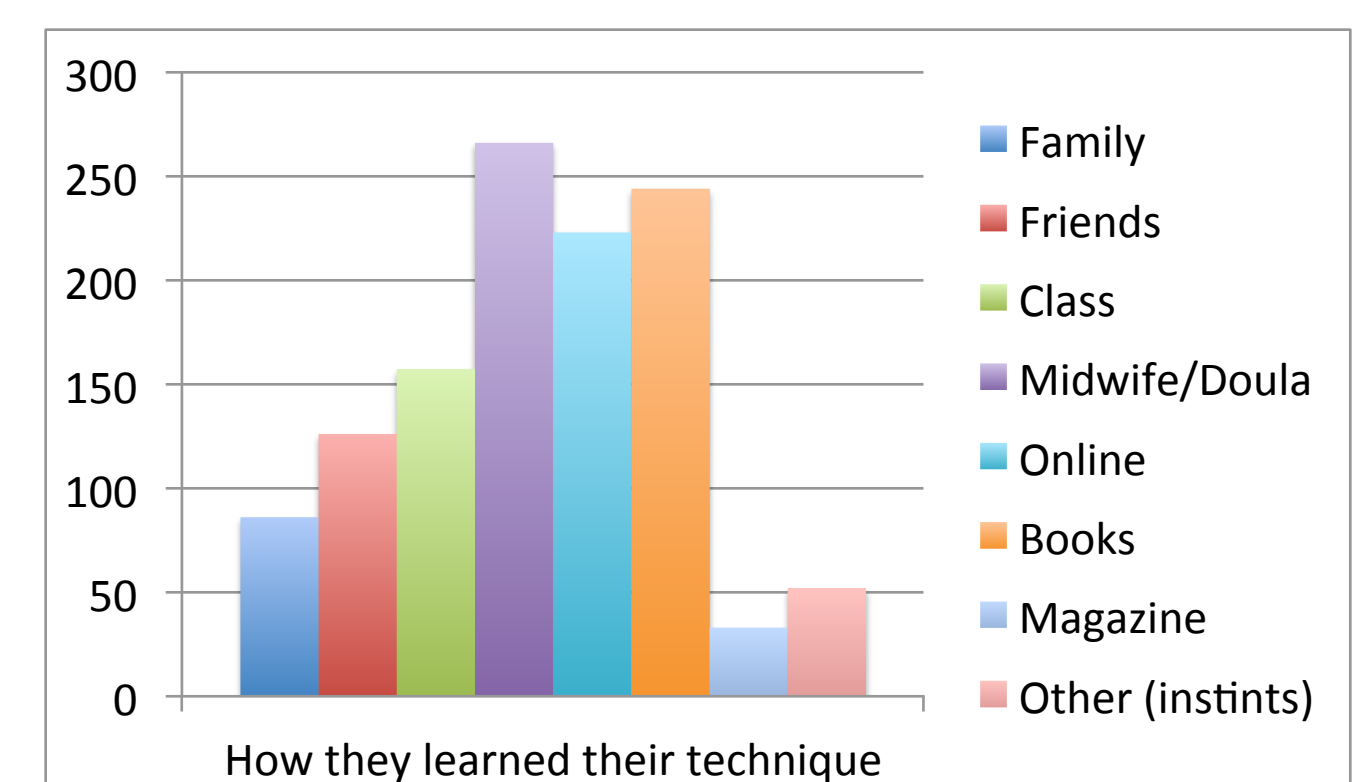
Women in this study lived:



Women in this study managed labor pain by:



Women in this study learned how to manage their labor pain:



## Implications for Nursing Practice

- Findings from this research can assist nurses, birth attendants and educators in providing better education related to pain management without medication
- Preliminary results show techniques most often used are position changes and breathing techniques.
- Methods used to learn about these techniques were information from a Midwife/Doula or reading books on their own.

## Next Step

To analyze qualitative data about what changes participants would make in their pain management and what advice they have for new moms



## Acknowledgements

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