

Labor & Delivery - Medical Pain Relief, Interventions, and Procedures

For the Parenting Instructor:

The discussion questions are a tool to help enrich your relationship with your client. They help to promote discussion on the topic of the lesson, and they help you to better understand the heart of your client and his needs. This is accomplished through sharing, connecting, and caring.

1. Do not give this page to your client. It is only for your reference when talking to your client.
2. The tips written below each question help you to know what to listen for or how to start a conversation if you have a reserved or quiet client.
3. Find ways to affirm your client, and gently guide the conversation.

Discussion Questions

1. The BRAIN method consists of five steps to help you make decisions during labor and delivery. Which of the steps are you most confident in? Why? Which of the steps do you think you'll struggle with? Why?

The BRAIN method stands for Benefits, Risks, Alternatives, Intuition, and No or not now. Being faced with an unexpected decision during labor can be scary and feeling confident to use this tool will help your client when it's time. Ask her which of the steps she's most confident completing? Maybe she feels good asking questions. Then ask her which step she might struggle with. Perhaps it's making the final "no or not now" call. Reassure her that asking the right questions will help her feel more confident making the final call. Or if she's not confident with asking questions, she can ask someone on her support team to help her ask questions and communicate her preferences. Role play a scenario where she might need to use the BRAIN method.

2. This lesson gives several examples of medical pain relief options. Which option is more appealing to you, and why? Can you think of reasons why you might not use any?

Having a baby hurts, there's no doubt about that. Modern medicine gives women a few options to help relieve that pain. Women can choose between narcotics, an epidural or spinal block, sterile water injections, and even laughing gas. Ask your client if she's interested in medical pain relief. Which of the options seems like the best option for her? Why? Let her know that choosing to have medical pain relief is not a bad thing, although you're sure she could do it without anything if she decided that was the best option for her. Talk through the benefits and risks of each medical pain relief option. Share the choice(s) you made when you had your child(ren).