




# PHARMACOLOGIC VS. NON-PHARMACOLOGIC LABOR PAIN RELIEF




## PHARMACOLOGIC PAIN RELIEF

Epidural, CSE, inhaled analgesia

### BENEFITS:

-  Effective Pain Relief
-  Decreased Risk of Postpartum Depression
-  Efficient for Emergencies

### DISADVANTAGES:

-  Increased Labor Time
-  Increased Use of Urinary Catheter
-  Medication Side Effect

## NON-PHARMACOLOGIC PAIN RELIEF

Ball exercise, Massage, and Showering

### FINDINGS:

-  Higher maternal satisfaction post-labor
-  Improved neonatal status
-  Faster expulsion (on average: 18 mins)
-  Delayed use of analgesic medication
-  Lower Pain Severity

### WHAT WORKS



### WHAT MAY WORK



### WHAT DOESN'T WORK



## QUICK STATS



About 1 out of 100 women need additional painkillers if they have an epidural.

About 28 out of 100 women need additional painkillers during labor if other pain relief options (not epidural) were used first.

