Patient Education Regarding Analgesic Options for Labor and Delivery

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Introduction

Problem: Involvement in decision making is important to expectant mothers. In order to participate in decision making, they need to possess accurate information. Unfortunately, many patients are not given this information. Clinical practice guidelines are meant to guide practice. However, many of these guidelines are based on evidence that is not clear or inconsistent. Despite this, patients are given the option to decline or accept a specific analgesic option.

Purpose: The purpose of this project was to assess the experience of patients who had recently utilized obstetric services at a large, Midwestern teaching institution with regard to their involvement in decision making concerning pain relief options.

Project Goals:
1. To evaluate current system of prenatal education regarding analgesic options for labor and delivery
2. To conduct a formal needs assessment study of obstetric patients regarding their desire for clinical education on pain relief options
3. To determine the most effective methods of providing clinical education on pain relief options

Clinical Practice Question

How do the results of an educational needs assessment of obstetric patients regarding analgesic options for labor and delivery compare to the results from a formal needs assessment study of obstetric patients regarding their desire for clinical education on pain relief options?

Current Evidence

- Effective
- Effective
- Effective
- Effective
- Possibly Effective
- Possibly Effective
- Possibly Effective
- Possibly Effective
- Possibly Effective
- Possibly Effective

Theoretical Underpinnings

- Midwife
- Midwife
- Midwife
- Midwife
- Midwife
- Midwife
- Midwife
- Midwife
- Midwife

Cost/Benefit Analysis

- Cost
- Cost
- Cost
- Cost
- Cost

Table 1: Timing/Level of Feeling Informed

Benefits

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<tr>
<th>Intervention</th>
<th>Written information provided at prenatal visit</th>
<th>Written information provided in the intrapartum period</th>
<th>Telephone</th>
<th>Video Slide</th>
<th>Pamphlet</th>
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References and Acknowledgments


Clinical Practice Implications/Recommendations

- Additional educational offerings should include:
  - Pamphlet: presented prenatally and at labor onset
  - Video slide presentation and web-based module
  - Systematic review of outcomes of analgesic education

Survey results indicate patient satisfaction:

- Patient satisfaction: 90% (unmedicated)
- Patient satisfaction: 80% (medicated)

Impact on delivery:

- Improved patient outcomes: 90%
- Reduced patient anxiety: 80%
- Cost/Benefit Analysis: 70%

Ethical Considerations

- Theoretical Underpinnings
- Methodological Considerations

Method

- Survey results indicate patient satisfaction:
  - Patient satisfaction: 90% (unmedicated)
  - Patient satisfaction: 80% (medicated)

Implications/Recommendations

- Additional educational offerings should include:
  - Pamphlet: presented prenatally and at labor onset
  - Video slide presentation and web-based module
  - Systematic review of outcomes of analgesic education

- Ethical Considerations

- Traditional values: patients have a right to be involved in decision making during the childbearing process. Use of informal sources of information about pain relief options may result in misinformation, increased anxiety, decreased satisfaction, and an inability to provide informed consent. Properly constructed evidence based patient education can reduce the disparity between the knowledge that expectant mothers possess and require.

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Table 2: Usefulness of Potential Interventions

- Pamphlet: presented prenatally and at labor onset
- Video slide presentation and web-based module
- Systematic review of outcomes of analgesic education

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