

Student 4: High Achieved
NZQA Intended for teacher use only

I have chosen the health condition of management of birthing pain and I will evaluate three health practices used for this: Epidural, hypnobirthing and TENS.

Epidural is an example of a WSM [...]

The philosophy behind using hypnobirthing relates to the CAM philosophy that the body is to be treated holistically, as a whole, and also that birthing is natural which should be experienced in a calm and relaxing way (4). By staying calm and relaxed during birth, endorphins can be released and fear/anxiety stopped and this means the woman won't feel pain (4). The procedures involved is that late in pregnancy, a woman will have sessions with a therapist to prepare for the birth (5). The hypnotherapist will put the woman into a state of relaxation and will be taught relaxation and visualization techniques for coping with the birthing pain (5).

1

TENS stands for [...]

There are many advantages and disadvantages of each type of health practice for managing birthing pain.

Advantages of epidural include its effectiveness for pain relief during labour. It is known as the most effective form of pain relief [...]

Advantages of hypnobirthing include the fact that it is a natural therapy that does not involve use of drugs or medical intervention, so it poses no risks to the woman and her child (8). Although it is not widely studied or proven effective (a disadvantage), some evidence does exist that says hypnosis can reduce length of labour, reduce pain and increase a woman's feelings of being in control, accomplishment and satisfaction with birth (8). It is also said to reduce fear associated with birth. Some disadvantages are that it is not widely available in NZ and it is somewhat controversial, meaning that it may not be accepted by everyone in society. If it doesn't work for controlling pain during labour, the woman may experience a painful birth, or have to resort to using other pain relief, such as epidural.

2

Advantages of TENS [...]

Overall, my research shows that the best option of these three is the epidural. This is because, as the evidence stated, "the epidural is the most effective form of pain relief in labour" (9). Although the other two practices have some good advantages, they are not as effective so I wouldn't recommend them as the best option.

3

Note that a chart was provided by the student to show bibliographic details for the references used in the evaluation.