

# Coping in Labor



Sutter Health is committed to helping you cope with labor.

We offer support and options to assist you in coping throughout the labor process. We will not ask you for a pain score in labor, rather we will assess and assist your coping by use of the labor coping scale.

## The labor coping scale

1. Coping without any help
2. Coping with labor support
3. Coping with labor pain medications/anesthesia
4. Not coping

## There are a variety of options you can use to assist you in coping with labor:

- Dim lights in room
- Quiet atmosphere
- Support people
- Doulas
- Slow, relaxed breathing or other breathing pattern
- Relaxation techniques such as:
  - ◆ Massage
  - ◆ Visualization
  - ◆ Meditation
- ◆ Music
- ◆ Distraction Strategies
- ◆ Aromatherapy
- Birthing balls, rocking chairs
- Shower or tub, if not contraindicated
- Heat or cold packs
- Sterile water injections for back labor (Sutter Davis)
- Counter pressure
- Positioning for coping (i.e. leaning over the bed or birthing ball, kneeling, hands and knees)
- Ambulation and motion

If you desire other coping options, please discuss these with your nurse and provider.