Hydrotherapy During Labor to Promote Physiologic Labor

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What is Hydrotherapy?

- Immersion in warm water deep enough to cover the abdomen in order to relieve pain and provide comfort

(Simkin & Bolding, 2004)
Theoretical Explanation

- Reduce anxiety
- Provide comfort
- Vasodilation

Literature Review

- **Pain**
  Barbosa da Silva, Vasoncellos de Oliveria and Nobre (2009), Liu (2014), Benfield et al. (2010), Cluett & Burns (2014)

- **Relaxation/Mood**
  Maude & Foreur (2007), Stark, Rudell, & Haus (2008), Benfield et al. (2010), Liu (2014)

- **Use of Analgesics**
Physiologic Effects

- Oxytocin
- Beta-Endorphins
- Epinephrine-Norepinephrine
Nursing Implications

- Advocate for the use
- Familiarize with the use of hydrotherapy
Further Research

- Larger samples
- When to implement
- How long is acceptable
Questions?
References


