

Hydrotherapy During Labor to Promote Physiologic Labor

Nicolette D. Johnson, WMU-SN



Thesis Committee

Lee Honors College

Chair: Dr. Mary Ann Stark PhD, RNC

Members

Professor Kimberly Searing RN, BSN, MSN, WHNP

Professor Wendy Kerschner RN, MSN, CPNP, RN, IBCLC, AHN-BC

What is Hydrotherapy?

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



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

Challiet et al (2014), Cluett & Burns (2014)



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?



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