

BÖLÜM 16

Doğum ağrısına yaklaşımlar: Uygulama için çıkarımlar

Nicky Leap, Elizabeth Newnham ve Sigfrido Inga Karlsdottir
Çeviren: Yeşim Aksoy Derya

Giriş

“Ağrı asla tek başına anatomimizin ve fizyolojimizin eseri değildir; ağrı sadece bedenlerin, zihinlerin ve kültürün keşiştiği noktada ortaya çıkar.” (Morris, 1991, s1).

Bu ifade bize, bir kişinin doğum eyleminde ağrı konusuna nasıl yaklaştığının karmaşıklığı hakkında “bedenlerin, zihinlerin ve kültürün” etkilerini göz önünde bulundurmamızı hatırlatır. Değerlere ve inançlara dönüştürüldüğünde, bu etkiler, sağlık profesyonellerinin kadınlarla doğumda ağrı konusunda nasıl bir ilişki kurdukları konusunda ve kadınların doğum deneyimleri üzerinde derin bir etkiye sahip olabilir. Gerçekten de Ellen Hodnett’in belirttiği gibi:

Ağrının, ağrının giderilmesinin ve doğum sonrası tıbbi müdahalelerin sonraki memnuniyet düzeyleri üzerindeki etkileri, bakım verenlerin tutum ve davranışlarının etkileri kadar açık, doğrudan veya güçlü değildir. (Hodnett, 2002 S160).

Bu düşünceleri göz önünde bulundurarak, bu bölümde, üç paradigmayı tanımlayan çalışmadan yola çıkarak doğum ağrısına ilişkin perspektifleri keşfedeceğiz. (‘Paradigma’ kelimesini kullanırken, davranışlarımızı ve başkalarıyla olan ilişkilerimizi etkileyen, tanımlanabilir bir kültüre katkıda bulunan düşünce ve dünyada var olma yollarını kastediyoruz.) Bu uyumsuz bakış açılarının, özellikle baskın kültürün epidural analjezi kullanımını teşvik ettiği hastanelerde, kadınların deneyimlerini nasıl etkileyebileceğini tanımlayan literatüre dayanarak, “Ağrıyı kesme” ve “doğumdaki ağrının üstesinden gelme” paradigmalarına genel bir bakış sunuyoruz (Leap ve Anderson, 2008), (Newnham, McKellar vd. 2016, 2018).

Kadınların doğum ağrısına bakış açıları “doğum hazırlığı ve yönetiminde üçüncü paradigma” olarak tanımlanmıştır (Karlsdottir, Halldorsdottir vd. 2014). Bununla birlikte, doğumda bakım sağlayıcılar bakımı kadınların ihtiyaçlarına göre uyarlaya-

sağlayıcılarının tutumları, gebeler ve doğum destekçileri ile yapılan konuşmaları ve doğum eylemi sırasında aldıkları destek düzeyini etkileyecektir. Bunun, kadınların yaptığı seçimler ve doğum eyleminde ağrıyı nasıl yönettikleri ve hatırladıkları üzerinde hem olumlu hem olumsuz bir etkisi olabilir. Bu deneyimlerin uzun vadeli sonuçları, kadınların ve ailelerinin refahı açısından oldukça etkileyici olabilir.

Dikkate alınması gereken önemli noktalar

- Uygulamanıza bir 'ağrının üstesinden gelme' paradigmasını dahil edin.
- Çoğu kadın doğum eyleminde «akışa uymak» ister ve doğum eyleminde iyi desteklenen kadınların ağrı kesici gereksinimleri daha azdır.
- Sağlık profesyonellerinin yaklaşımı, kadınların doğum sancısını gerçekte nasıl deneyimledikleri üzerinde derin bir etkiye sahip olabilir.
- Doğum eyleminde ağrı yönetimine farmakolojik olmayan yaklaşımlar epidural oranında azalma ile ilişkilidir.
- Farmakolojik olmayan yöntemler kullanan kadınlara daha az müdahale yapılır ve doğum eylemi ve doğum deneyimlerinden daha yüksek memnuniyet bildirmektedirler.

Kaynaklar

- Anim Somuah, M., R.M.D. Smyth, A.M. Cyna and A. Cuthbert. Epidural versus non epidural or no analgesia for pain management in labour. Cochrane Database of Systematic Reviews 2018, Issue 5. Art. No.: CD000331. DOI: 10.1002/14651858.CD000331.pub4.
- Berg, M. (2005). "A midwifery model of care for childbearing women at high risk: genuine caring in caring for the genuine." *Journal of Perinatal Education* 14(1): 9-21.
- Bohren MA, Hofmeyr G, Sakala C, Fukuzawa RK, Cuthbert A. Continuous support for women during childbirth. Cochrane Database of Systematic Reviews 2017, Issue 7. Art. No.: CD003766. DOI: 10.1002/14651858.CD003766. pub6
- Birth Trauma Association. (2017). "What is Birth Trauma? <http://www.birthtraumaassociation.org.uk/index.php/help-support/what-is-birth-trauma>. Accessed 25/4/2017." Retrieved 25th April 2017.
- Buckley, S. J. (2015). *Hormonal Physiology of Childbearing: Evidence and Implications for Women, Babies, and Maternity Care*. Washington, D.C, Childbirth Connection Programs, National Partnership for Women & Families.
- Callister, L. C., I. Khalaf, S. Semenic, R. Kartchner and K. Vehvilainen-Julkunen (2003). "The pain of childbirth: perceptions of culturally diverse women." *Pain Management in Nursing* 4(4): 145-154.
- Carvalho, B. and S. E. Cohen (2013). "Measuring the labor pain experience: delivery still far off. Editorial." *International Journal of Obstetric Anesthesia* 22: 6-9.
- Caton, D., M. P. Corry, F. Frigoletto, D., D. P. Hopkins, E. Lieberman, L. J. Mayberry, J. P. Rooks, A. Rosenfield, C. Sakala, P. Simkin and D. Young (2002). "The nature and management of labor pain: Executive Summary." *American Journal of Obstetrics and Gynecology* 186(5, Supplement 1): S1-S15.
- Chaillet, N., L. Belaid, C. Crochetière, L. Roy, G.-P. Gagné, J. M. Moutquin, M. Rossignol, M. Dugas, M. Wassef J. Bonapace (2014). "Nonpharmacologic approaches for pain management during labor compared with usual care: A Meta Analysis" *Birth* 41(2): 122-137.
- Cluett ER, Burns E, Cuthbert A. Immersion in water during labour and birth. Cochrane Database of Systematic Reviews 2018, Issue 5. Art. No.: CD000111. DOI:10.1002/14651858.CD000111. pub4

- D’Cruz, L. and C. Lee (2014). “Childbirth Expectations: an Australian study of young childless women.” *Journal of Reproductive and Infant Psychology* **32**(2): 196-208.
- Davis-Floyd, R. (2001). “The technocratic, humanistic and holistic paradigms of childbirth.” *International Journal of Gynaecology & Obstetrics* **75**: S5-S23.
- Dempsey, R. (2013). *Birth with Confidence. Savvy Choices for Normal Birth*. Fairfield, Australia, Boat-house Press.
- Escott, D., P. Slade and H. Spiby (2009). “Preparation for pain management during childbirth: The psychological aspects of coping strategy development in antenatal education.” *Clinical Psychology Review* **29**: 617-622.
- Escott, D., H. Spiby, P. Slade and R. B. Fraser (2004). “The range of coping strategies women use to manage pain and anxiety prior to and during first experience of labour.” *Midwifery* **20**(2): 144-156.
- Garrod, D. (2012). “Birth as entertainment: What are the wider effects?” *British Journal of Midwifery* **20**(2): 81.
- Gibson, E. (2014). “Women’s expectations and experiences with labour pain in medical and midwifery models of birth in the United States.” *Women and Birth* **27**(3): 185-189.
- Grimes, H. A., D. A. Forster and M. S. Newton (2014). “Sources of information used by women during pregnancy to meet their information needs.” *Midwifery*.
- Haines, H. M., C. Rubertsson, J. F. Pallant and I. Hildingsson (2012). “The influence of women’s fear, attitudes and beliefs of childbirth on mode and experience of birth.” *BMC Pregnancy and Childbirth* **12**: 55.
- Hodnett, E. D. (2002). “Pain and women’s satisfaction with the experience of childbirth: a systematic review.” *American Journal of Obstetrics and Gynaecology* **186**(5): S160-S172.
- Hodnett, E. D., S. Downe and D. Walsh (2012). “Alternative versus conventional institutional settings for birth.” *Cochrane Database of Systematic Reviews*: Issue 8. Art. No.: CD000012.
- Homer, C. S. E., N. Leap, N. Edwards and J. Sandall (2017). “Midwifery continuity of carer in an area of high socio- economic disadvantage in London: a retrospective analysis of Albany Midwifery Practice outcomes using routine data (1997–2009).” *Midwifery* **48**: 1-10.
- IASP (2014). “International Association for the Study of Pain Definition of Pain. www.iasppain.org/Taxonomy.” Jones, L., M. Othman, T. Dowswell, Z. Alfirevic, Gates S, M. Newburn, S. Jordan, T. Lavender and J. P. Neilson (2013). “Pain management for women in labour: an overview of systematic reviews. Cochrane Database of Systematic Reviews 2013, Issue 6. Art. No.: CD009234.”
- Karlsdottir, S. I., S. Halldorsdottir and I. Lundgren (2014). “The third paradigm in labour pain preparation and management: the childbearing woman’s paradigm.” *Scandinavian Journal of Caring Sciences* **28**: 315-327.
- Karlsdottir, S. I., H. Sveinsdottir, O. A. Olafsdottir and H. Kristjansdottir (2015). “Pregnant women’s expectations about pain intensity during childbirth and their attitudes towards pain management: Findings from an Icelandic national study.” *Sexual & Reproductive Healthcare* **6**: 211-218.
- Kennedy, H. P., T. Anderson and N. Leap (2010). Midwifery Presence: Philosophy, Science and Art. Chapter 7. *Essential Midwifery Practice: Intrapartum Care*. D. Walsh and S. Downe. Chichester, West Sussex, UK, Wiley- Blackwell: 105-124.
- Kennedy, H. P., K. Nardini, R. McLeod-Waldo and L. Ennis (2009). “Top-Selling Childbirth Advice Books: A Discourse Analysis.” *Birth* **36**(4): 318-324.
- Kennedy, H. P., M. T. Shannon, U. Chuahorm and M. K. Kravetz (2004). “The Landscape of Caring for Women: A Narrative Study of Midwifery Practice.” *Journal of Midwifery and Women’s Health* **49**(1): 14-23.
- Klomp, T., J. Maniën, A. de Jong, E. K. Hutton and A. L. M. Lagro-Janssen (2014). “What do midwives need to know about approaches of women towards labour pain management? A qualitative interview study into expectations of management of labour pain for pregnant women receiving midwife-led care in the Netherlands.” *Midwifery* **30**: 432-438.
- Lagan, B. M., M. Sinclair and W. Kernohan (2010). “Internet use in pregnancy informs women’s decision making: a webbased survey.” *Birth* **37**(2): 106-115.
- Lally, J. E., M. J. Murtagh and S. Macphail (2008). “More in hope than expectation: women’s expe-

- rience and expectations of pain relief in labour. A review." *BMC Med* **6**(7): doi:10.1186/1741-7015-1186-1187.
- Lally, J. E., R. G. Thomson, S. MacPhail and C. Exley (2014). "Pain relief in labour: a qualitative study to determine how to support women to make decisions about pain relief in labour." *BMC Pregnancy and Childbirth* **14**: 6.<http://www.biomedcentral.com/1471-2393/1414/1476>.
- Larkin, P., C. M. Begley and D. Devane (2009). "Women's experiences of labour and birth: an evolutionary concept analysis." *Midwifery* **25**: e49-e59.
- Lawrence, A., L. Lewis, G. J. Hofmeyr and C. Styles (2013). "Maternal positions and mobility during first stage labour (Review)." *Cochrane Database of Systematic Reviews*: Issue 10. Art. No.: CD003934. DOI: 003910.001002/14651858. CD14003934.pub14651854.
- Leap, N. (1997). "Being with women in pain - do midwives need to re-think their role?" *British Journal of Midwifery* **5**(5): 263.
- Leap, N. and T. Anderson (2008). The role of pain in normal birth and the empowerment of women. Chapter 2. *Normal Childbirth: Evidence and Debate 2nd Edition*. S. Downe. Edinburgh, Churchill Livingstone/Elsevier: 29-46.
- Leap, N. and B. Hunter (2016). *Supporting Women for Labour and Birth: a thoughtful guide*. London, Routledge.
- Leap, N., J. Sandall, S. Buckland and U. Huber (2010). "Journey to Confidence: Women's Experiences of Pain in Labour and Relational Continuity of Care." *Journal of Midwifery and Women's Health* **55**(3): 235242.
- Lindholm, A. and I. Hildingsson (2015). "Women's preferences and received pain relief in childbirth – A prospective longitudinal study in a northern region of Sweden." *Sexual & Reproductive Healthcare* **6**: 74-81.
- Lowe, N. K. (2002). "The nature of labor pain." *American Journal of Obstetrics and Gynecology* **186**(5): S16-S24.
- Luce, A., M. Cash, V. Hundley, H. Cheyne, E. van Teijlingen and C. Angell (2016). "Is it realistic?" the portrayal of pregnancy and childbirth in the media." *BMC Pregnancy and Childbirth* **16**:40.
- Lundgren, I. and K. Dahlberg (1998). "Women's experience of pain during childbirth." *Midwifery* **14**(2): 105-110.
- Lundgren, I. S. I. Karlsdottir and T. Bondas (2009). "Long-term memories and experiences of childbirth in a Nordic context - a secondary analysis." *International Journal of Qualitative Studies on Health and Well-being* **4**: 115-128.
- Mander, R. (2010). Skills for Working with (the Woman in) Pain. Chapter 8. *Essential Midwifery Practice: Intrapartum Care*. D. Walsh and S. downe. Chichester, West Sussex, UK, Wiley-Blackwell: 125-140.
- Morris, D. (1991). *The Culture of Pain*. Berkeley, University of California Press.
- Morris, T. and K. McInerney (2010). "Media representation and childbirth: An analysis of reality television programs in the United States." *Birth* **37**(134-140).
- National Collaborating Centre for Women's and Children's Health (2014). Intrapartum Care. Care of healthy women and their babies during childbirth. Version 2. Clinical Guideline 190. Methods, evidence and recommendations. Commissioned by the National Institute for Health and Care Excellence (NICE). N. I. f. H. a. C. Excellence, National Collaborating Centre for Women's and Children's Health.
- Newnham, E. (2014). "Birth control: Power/knowledge in the politics of birth." *Health Sociology Review* **23**(3): 254- 268.
- Newnham, E., L. McKellar and J. Pincombe (2015). "Documenting risk: A comparison of policy and information pamphlets for using epidural or water in labour." *Women and Birth* **28**: 221-227.
- Newnham, E., L. McKellar and J. Pincombe (2016). "A critical literature review of epidural analgesia." *Evidence Based Midwifery* (14.1): 22-28.
- Newnham, E., L. McKellar and J. Pincombe (2018). *Towards the humanisation of birth: A study of epidural analgesia and hospital birth culture*. Basingstoke, UK, Palgrave MacMillan.
- Nilsson, C. and I. Lundgren (2009). "Women's lived experience of fear of childbirth." *Midwifery* **25**: e1-e9.
- Nolan, M. (2009). "Information Giving and Education in Pregnancy: A Review of Qualitative Stu-

- dies." *The Journal of Perinatal Education* **18**(4): 21-30.
- Noseworthy, D. A., S. R. Phibbs and C. A. Benn (2013). "Towards a relational model of decisionmaking in midwifery care." *Midwifery* **29**: e42–e48.
- Reiger, K. and R. Dempsey (2006). "Performing birth in a culture of fear: an embodied crisis of late modernity" *Health Sociology Review* **15**(4): 364-373.
- Ross-Davie, M. C. and H. Cheyne (2014). "Intrapartum support: what do women want? A Literature review to identify how far the nature of labour support shapes women's assessment of their birth experiences." *Evidence Based Midwifery* **12**(2): 52-58.
- Ross-Davie, M. C., M. McElligott, M. Little and K. King (2014). "Midwifery support in labour: how important is it to stay in the room?" *The Practising Midwife* **17**(6): 19-
- Sandall, J., H. Soltani, S. Gates, A. Shennan and D. Devane (2016). "Midwife-led continuity models versus other models of care for childbearing women." *Cochrane Database of Systematic Reviews*. : Issue 4. Art. No.: CD004667. Sanders, R. (2015). "Midwifery Facilitation: Exploring the Functionality of Labor Discomfort. Commentary." *Birth* **42**(3): 202-205.
- Schrader McMillan, A., J. Barlow and M. Redshaw (2009). *Birth and Beyond: A Review of the Evidence about Antenatal Education*. Warwick, UK, University of Warwick.
- Simkin, P. and A. Bolding (2004). "Update on nonpharmacologic approaches to relieve labor pain and prevent suffering." *Journal of Midwifery and Women's Health* **49**(6): 489-504.
- Smith, C. A., C. T. Collins, A. M. Cyna and C. A. Crowther (2006). Complementary and alternative therapies for pain management in labour (Cochrane Review), *Cochrane Database of Systematic Reviews* Issue 4. Art. No.: CD003521. DOI: 10.1002/14651858.CD003521.pub2.toll, K. and W. Hall (2013a). "Vicarious Birth Experiences and Childbirth Fear: Does It Matter How Young Canadian Women Learn About Birth?" *The Journal of Perinatal Education* **22**(4): 226233.
- Stoll, K. and W. Hall (2013b). "Attitudes and Preferences of Young Women With Low and High Fear of Childbirth." *Qualitative Health Research* **23**(11): 1495-1505.
- Talbot, R. (2012). "Self-efficacy: women's experiences of pain in labour." *British Journal of Midwifery* **20**(5): 317-321.
- Tracy, S., E. Sullivan, Y. Wang, D. Black and M. Tracy (2007). "Birth outcomes associated with interventions in labour amongst low-risk women: a population-based study" *Women and Birth* **20**(2): 41-48.
- Tracy, S. and M. Tracy (2003). "Costing the cascade: estimating the costs of increased intervention in childbirth using population data." *British Journal of Obstetrics and Gynaecology* **110**(August): 717-224.
- Van der Gucht, N. and K. Lewis (2015). "Women's experiences of coping with pain during childbirth: A critical review of qualitative research." *Midwifery* **31**: 349-358.
- Waldenström, U., I. Hildingsson, C. Rubertsson and I. Radestad (2004). "A Negative Birth Experience: Prevalence and Risk Factors in a National Sample." *Birth* **31**(1): 17-27.
- Waldenström, U., and E. Schytt (2009). "A longitudinal study of women's memory of labour pain – from 2 months to 5 years after the birth." *BJOG* March **116**(4): 577-583. doi:10.1111/j.1471-0528.2008.02020.x. Epub: 2008 Dec 9.
- Waldenström, U. (2006). Obstetric pain relief and its association with remembrance of labor pain at two months and one year after birth. *Journal of Psychosomatic Obstetrics and Gynecology*, **27**(3), 147-156.
- Whitburn, L. Y., L. E. Jones, M.-A. Davy and R. Small (2014). "Women's experiences of labour pain and the role of the mind: An exploratory study." *Midwifery* **30**: 1029-1035.