

B.R.A

Benefits Risks Alternatives of common procedures

Remember your BRAIN when making decisions about your care:

- Benefits
- Risks
- Alternatives
- Instinct
- Now/Nothing (If mom and baby are ok, nothing ever has to be done now.)

Hospital Gown

BENEFITS	RISKS	ALTERNATIVES
<ul style="list-style-type: none">• Availability• Comfortable when standing• Appropriate uniform	<ul style="list-style-type: none">• Start to feel like patient• Uncomfortable to turn over• Exposure	<ul style="list-style-type: none">• Own clothes• Pretty Pushers,• Dressed to deliver• Binsi• Something 2 sizes too big, comfortable, disposable

Vaginal Exam

Test: What will we do with the information? How will it change my plan of care?

BENEFITS	RISKS	ALTERNATIVES
<ul style="list-style-type: none">• Status• Gives us a baseline for determining progress• May be able to determine baby's position• Good news is encouraging	<ul style="list-style-type: none">• Infection – direct correlation• Can be uncomfortable• Bad News (What else has changed?)• Variability between examiners	<ul style="list-style-type: none">• Best? Woman's behavior• Purple line• Goose pimples = complete• Rhombus of Michaelis• Pushing

IV

BENEFITS	RISKS	ALTERNATIVES
<ul style="list-style-type: none">• Port in case of emergency• Especially if you are a hard stick• GBS or other meds• Hydration• If you are a puker and require hydration• One stick when they draw labs	<ul style="list-style-type: none">• Uncomfortable• Makes movement complicated• Excess fluids and baby's weight• Start to feel like a patient• May lead to NPO	<ul style="list-style-type: none">• No IV• Hep-lock• Hydrate by mouth (See statement by American Society of Anesthesiologists on class resource page)

Electronic Fetal Monitoring

BENEFITS	RISKS	ALTERNATIVES
<ul style="list-style-type: none"> FHT only way to monitor baby 	<ul style="list-style-type: none"> Uncomfortable Makes movement complicated “Losing baby” on monitor Increased risk of cesarean - OB distress Difficult to interpret – OB study where they interpreted same strip differently 	<ul style="list-style-type: none"> Doppler Fetoscope Intermittent monitoring Telemetry Novii / Monica Intra Uterine Pressure Catheter (IUPC) for accurate gauge of intensity Internal EFM

Rupture of Membranes

BENEFITS	RISKS	ALTERNATIVES
<ul style="list-style-type: none"> Can apply Fetal Scalp Monitor May speed labor – allow baby to apply to cervix 	<ul style="list-style-type: none"> Infection – direct correlation Starts clock – many providers require that baby be out by 24 hours Cord prolapse Water keeps coming out – gushes may be uncomfortable Potentially commit baby to unfavorable position Tried everything – Pitocin or AROM – which is smaller guns? 	<ul style="list-style-type: none"> Allow SROM Confirm baby is low, close to cervix Confirm baby is LOA or at least not posterior or transverse

Epidural

BENEFITS	RISKS	ALTERNATIVES
<ul style="list-style-type: none"> Pain relief Mom is exhausted: surgery or epidural? Tension: epidural can help mom not hold baby up Drop blood pressure – BP rising? May help avoid surgery if mom is close to delivering 	<ul style="list-style-type: none"> Shakes Itches Window Works by gravity Dropping blood pressure may affect baby Feeling of claustrophobia Loss of movement – may commit baby to bad position Mom gets relief – baby still in labor Potential for cascade of intervention: Epidural slows things down >>> Pitocin >>> baby distressed 	<ul style="list-style-type: none"> All the comfort measures you learned in class <ul style="list-style-type: none"> Positioning Rebozo Counter pressure Coping Techniques Analgesics Nitrous Oxide – N2O Contraindicated for: B12 deficient, have had recent ear surgery, have Crohn’s disease, celiac disease, gluten intolerance, pernicious anemia, chronic malnutrition, MTHFR mutations, a pneumothorax, a bowel obstruction, increased intraocular pressure & are strict vegans or long term N2O users