Development and Implementation of a Nurse-Centered Childbirth Education Plan to Decrease Patient Fear and Anxiety

Rebeckah Birk Buckley, BSN, RN, MSN Student

PROJECT METHODOLOGY

This project aims to develop and implement a nurse-centered education plan that will decrease patients’ anxiety and fear as they are admitted onto the labor and delivery unit.

Using a step-by-step process, patients will receive detailed instruction on plan of care, breathing and relaxing techniques, encouraging patient autonomy, and mutual participation in decision making. Allowing time for questions and concerns to be addressed will also be implemented within the education intervention.

A structured pamphlet outlining the steps will be given to each nurse who is receiving the education. A handout will also be created for the patient to refer to while in labor. After each delivery, a quick questionnaire will be filled out from both the patient and the nurse. The feedback from the questionnaire will help to determine the effectiveness of the education and how it influenced the patient’s anxiety and fear.

• An education plan for each nurse will be provided in the form of verbal instruction and a detailed handout.
• Using a PowerPoint to outline the education plan, nurses will learn ways to help decrease anxiety and fear in their patients.
• A handout with the synopsis of the education plan to be implemented in laboring patients will be given to each nurse.
• Each patient that comes into labor and delivery will receive the educational intervention designed to help decrease anxiety and fear.

Implementation of the education plan begins with the labor and delivery nurse. The education plan will include a complete orientation of each patient’s individual care plan. The orientation process will be geared toward the patient’s admission status of either induction or spontaneous labor. Instruction will be given to the patient regarding the labor process and what to expect as she progresses through it. Orientation to the care plan is a vital step in ensuring that the patient understands and knows what to expect as labor starts or continues.

Key Points of the Education Plan
• Demonstration of different positions to enhance labor.
• Instruction on proper counter pressure
• Deep breathing exercises
• Introduction of a focal point
• Deep breathing during cervical exams

All expectant mothers who come to labor and delivery will benefit from the education plan. The optimal setting for the education plan is upon admission to the labor and delivery unit.

THEORETICAL FRAMEWORK

The theoretical framework chosen for this project is the Self-Efficacy Model. This model focuses on the patient’s belief in their own abilities to make and maintain changes and increase positive outcomes. The theory is based largely on the feeling of self-confidence, which motivates and maintains behavior. It is based on mastery of skills, modeling of those skills, social persuasion, empowerment, and emotion. Childbirth self-efficacy promotes the trust a woman has in her ability to cope with labor. It can influence the entire childbirth experience, including obstetrical interventions.

• An effective childbirth education plan will provide the tools needed to face labor and delivery with self-efficacy and empowerment.
• Bandura’s social learning theory is based on the belief that humans store information about the behaviors they see in others and then use this information to make judgements regarding when certain actions are appropriate. This is also known as modeling (Podgurski, 2016).

CONCLUSIONS

Pregnant mothers’ perceptions and fears affect their views about labor and birth. Multiple studies have been conducted regarding the anxiety and fear of childbirth and how best to overcome these fears. The overall satisfaction and birth experience increased in mothers who attend CE classes (Fabian et al., 2005). Another key finding from the literature is that informed childbirth education will increase the acceptance of pregnancy and in turn reduce the fear of childbirth (Karabulut et al., 2016). The findings led to the development of a CE plan that aims to reduce fear and anxiety through a nurse-led experience. In implementing the CE plan during admission to the labor and delivery unit, it is anticipated that anxiety and fear will be decreased contributing to a successful, safe birth for all.

REFERENCES


“Giving birth should be your greatest achievement not your greatest fear.”

-Jane Weideman