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## The Relationship Between Promoting Self-Efficacy and Informed Decision-Making in Pregnant Nulliparous Women and Method of Delivery

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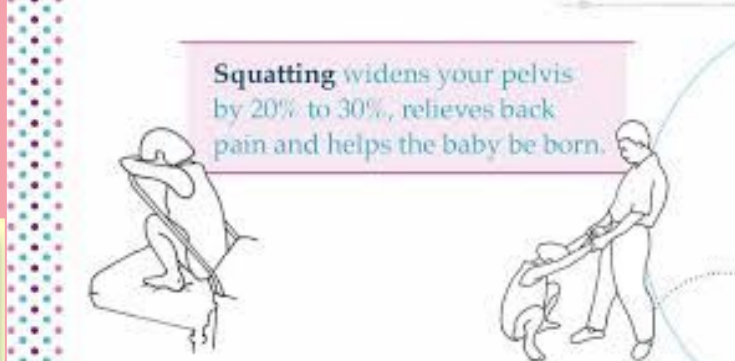
# **The Relationship Between Promoting Self-Efficacy and Informed Decision-Making in Pregnant Nulliparous Women and Method of Delivery**



**Senior Thesis Presentation by Crystal Hunter**

DOMINICAN UNIVERSITY OF CALIFORNIA: SCHOLARLY AND CREATIVE WORKS CONFERENCE APRIL 20, 2017

# Childbirth



# Risks of Cesarean Sections

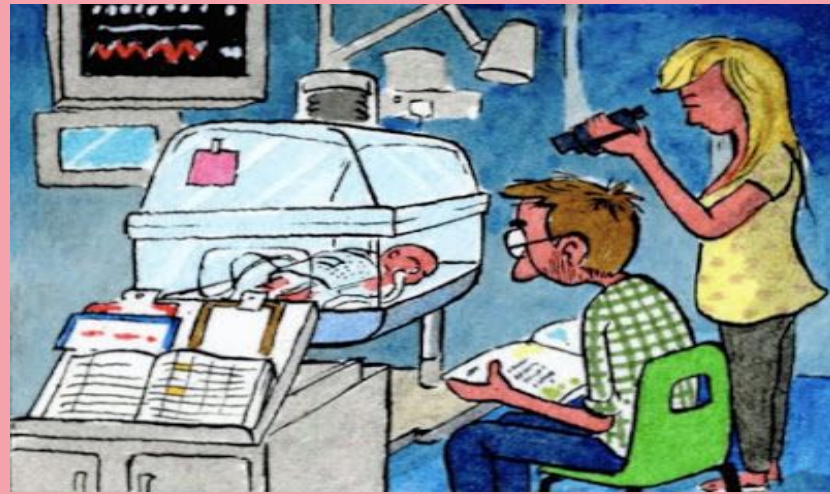
## Maternal risks:

- Hemorrhage
- Longer hospital stays and longer recovery
- Uterine Rupture
- Placental Implantation Problems

## Neonatal risks:

- Prematurity
- NICU admission
- Transient Tachypnea
- Death, especially in the first year of life

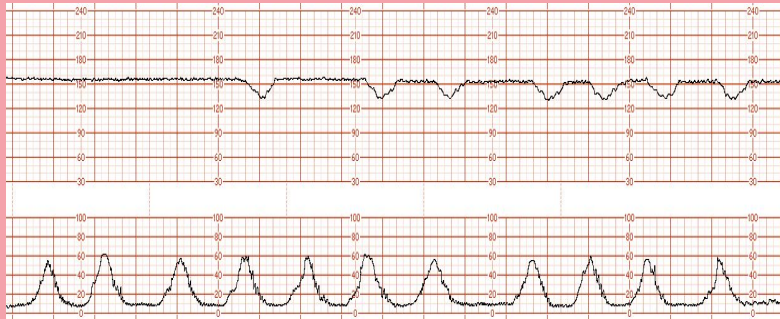
(WHO, 2015; Lowdermilk, 2012; ACOG, 2013; Caughey, 2016)



# DON'T YOU SECTION! RESUSCITATION!

- Turn the patient to her left side
- Place a non-rebreather oxygen mask at 8-10 liters per minute
- Infuse a bolus of Lactated Ringers

(Lowdermilk, 2012)



**TABLE 1. Fetal heart rate categories**

**Category I fetal heart rate tracings include all the following:**

- Baseline rate: 110-160 bpm
- Baseline FHR variability: moderate
- Accelerations: present or absent
- Late or variable decelerations: absent
- Early decelerations: present or absent

**Category II includes all fetal heart rate tracings not included in Categories I or III**

**Category III fetal heart rate tracings include either:**

- Absent baseline variability plus
- Recurrent late decelerations
- Recurrent variable decelerations
- Bradycardia
- Sinusoidal pattern

Abbreviations: bpm, beats per minute; FHR, fetal heart rate.

Adapted from Macones GA, et al.<sup>8</sup>



# Purpose Statement



Create a climate of change!

Don't surrender control!

Raise that Self-Efficacy!



# Literature Review:

SELF-EFFICACY AND INFORMED DECISION-MAKING IN NULLIPAROUS WOMEN

- Fear of Childbirth
- Rise in Cesarean Delivery
- Health Beliefs



# Fear of Childbirth

— — —

- Anxiety
- Coherence/ Informed Decision-making
- PTSD

↑ SELF-EFFICACY = ↑ MATERNAL WELL-BEING  
AND COHERENCE

↓ SELF-EFFICACY = ↑ FEAR OF CHILDBIRTH  
AND ANXIETY

DO NOT FEAR  
CHILDBIRTH, THATS  
THE EASY PART.

THERE IS NO @mum\_probe  
EPIDURAL FOR  
MOTHERHOOD.



# Rise in Cesarean Delivery

*Now I Lay Me Down To Sleep*

- ↑ Infant Mortality
- ↑ Infant Morbidity
- Elective Cesarean Sections



# Health Beliefs: Creating a sense of control in the Delivery Room

- Birthing Positions
- Yoga in Pregnancy



# Implications for Nursing

— — —



- The Association of Women's Health, Obstetric, and Neonatal Nurses (AWHONN) offers a campaign to educate and empower women.
- Counselling is key!
- Cognitive and Behavioral Coping Strategies
- Routine Prenatal Appointments ARE NOT ENOUGH!!!



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She believed  
She could

So  
She  
did

THANK YOU!