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

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Childbirth

Squatting widens your pelvis by 20% to 30%, relieves back pain and helps the baby be born.
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**

<table>
<thead>
<tr>
<th>Category I fetal heart rate tracings include all the following:</th>
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</thead>
<tbody>
<tr>
<td>• Baseline rate: 110-160 bpm</td>
</tr>
<tr>
<td>• Baseline FHR variability: moderate</td>
</tr>
<tr>
<td>• Accelerations: present or absent</td>
</tr>
<tr>
<td>• Late or variable decelerations: absent</td>
</tr>
<tr>
<td>• Early decelerations: present or absent</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Category III fetal heart rate tracings include either:</th>
</tr>
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<tbody>
<tr>
<td>• Absent baseline variability plus</td>
</tr>
<tr>
<td>• Recurrent late decelerations</td>
</tr>
<tr>
<td>• Recurrent variable decelerations</td>
</tr>
<tr>
<td>• Bradycardia</td>
</tr>
</tbody>
</table>

Abbreviations: bpm, beats per minute; FHR, fetal heart rate.
Adapted from Macones GA, et al.
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

\[ \uparrow \text{SELF-EFFICACY} = \uparrow \text{MATERNAL WELL-BEING AND COHERENCE} \]

\[ \downarrow \text{SELF-EFFICACY} = \uparrow \text{FEAR OF CHILDBIRTH AND ANXIETY} \]

DO NOT FEAR CHILDBIRTH, THAT’S THE EASY PART.

THERE IS NO EPIDURAL FOR MOTHERHOOD.
Rise in Cesarean Delivery

- 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!!!
References


Caughey, A. (2016). The cesarean epidemic: Are we too quick to cut?


She believed she could. So she did. THANK YOU!