■ Risk for Ineffective Individual Coping related to fatigue and the birth process
■ Impaired Urinary Elimination
■ Deficient Fluid Volume
■ Risk for Infection.

Typical outcomes for the laboring woman might include these as well as others:

■ Pain will be controlled within reasonable limits.
■ Client will be able to express feelings and listen to instructions during labor.

### BOX 41-1  CULTURAL PULSE POINTS

**EXPRESSION OF PAIN DURING LABOR**

Pain response varies from culture to culture, and pain caused by labor and delivery is no different. Some women are very stoic and labor quietly; this is frequently true with African American women. Others are notoriously loud. Many cultures feel that women must experience pain and discomfort during labor (e.g., Mexican, Iranian, and Filipinos). In fact, very difficult labor usually results in lavish gifts for Iranian women. Mexican women are frequently heard repeating “aye yie yie” throughout labor. Interestingly, repeating “aye yie yie” in succession requires long, slow deep breaths. This has been described as “Mexican Lamaze.” More than an expression of pain, this phrase is instead a culturally accepted method of pain relief.

### Nonchemical Comfort Measures

- Teach client to change position frequently. Encourage side-lying or upright positions. Supine position should not be used (Figure 41-15). Change of position reduces muscle stress. *Supine position puts pressure on the vena cava.*
- Provide ice chips and oral care. Clear liquids may be given in early labor. Ice chips and oral care provide some moisture and refresh the mouth. Liquids are avoided late in labor because of the possibility of vomiting and aspiration.
- Encourage muscle relaxation, massage, or abdominal *effleurage* (a light stroking with the fingertips in circular motion) from the symphysis to the iliac crest. Relaxation and massage promote overall relaxation and distraction, and help to relieve the discomfort of labor.
- Promote use of breathing techniques and monitor client. Table 41-5 describes specific breathing techniques. Proper breathing techniques can smooth labor and decrease pain. It is important to monitor the client closely for signs of hyperventilation.

### Figure 41-15

The vena caval syndrome. The gravid uterus compresses the vena cava when the woman is supine. This reduces the blood flow returning to the heart and may cause maternal hypotension.