University of Huddersfield Repository

Van der Gucht, Natalie and Lewis, Kiara

To cope or not to cope- are we meeting the needs of women experiencing pain during child birth?

Original Citation

Van der Gucht, Natalie and Lewis, Kiara (2015) To cope or not to cope- are we meeting the needs of women experiencing pain during child birth? In: Normal Labour and Birth Conference, 15th - 17th June 2015, Grange Over Sands, Lake District. (Unpublished)

This version is available at http://eprints.hud.ac.uk/24830/

The University Repository is a digital collection of the research output of the University, available on Open Access. Copyright and Moral Rights for the items on this site are retained by the individual author and/or other copyright owners. Users may access full items free of charge; copies of full text items generally can be reproduced, displayed or performed and given to third parties in any format or medium for personal research or study, educational or not-for-profit purposes without prior permission or charge, provided:

- The authors, title and full bibliographic details is credited in any copy;
- A hyperlink and/or URL is included for the original metadata page; and
- The content is not changed in any way.

For more information, including our policy and submission procedure, please contact the Repository Team at: E.mailbox@hud.ac.uk.

http://eprints.hud.ac.uk/
To cope or not to cope – are we meeting the needs of women experiencing pain during childbirth?

A critical review of qualitative research exploring women’s experiences of coping with pain during childbirth

Natalie Van der Gucht (Practice Educator – Bradford Teaching Hospital NHS Foundation Trust)
Kiara Lewis (Head of the Division of Health and Wellbeing – University of Huddersfield)

Methodology:

• Ten studies were identified from Australia, England, Finland, Iceland, Indonesia, Sweden and Iran
• Thematic analysis was employed for data synthesis
• Two main themes emerged which influenced women’s ability to cope with pain during childbirth:

‘The importance of individualised, continuous support’

• A desire for continued reassurance by care providers and family relations
• The need for the care provider to maintain a presence within the birth environment decreased feelings of vulnerability and loneliness
• The importance of a ‘woman-orientated’ versus a ‘task orientated’ approach to care provision

‘An acceptance of pain during childbirth’

• Embracing the essential and beneficial role of pain during childbirth
• The influence of positive and negative thought processes upon the nature of pain and subsequent ability to cope
• Acknowledging the paradoxical nature of this major life event

Conclusions and Implications for Practice

• The need for psychosocial as oppose to pharmacological support for all women, regardless of culture, ethnicity or maternity care system
• The recognition for effective antenatal education provision
• Acknowledging the impact of the media, the internet and social media is creating positive social norms relating to the role of pain during childbirth
• The need for further methodologically sound qualitative research exploring the phenomena of coping with pain during childbirth

For the full article, please see: