## SYSTEM: Reproductive
### CONDITION: Labor and Delivery Pain Management
(BOLD content unlikely to be covered elsewhere in the curriculum)

| Content | Educational Objectives | Level of Mastery *
|---------|------------------------|------------------|
| **Examination: Patient-History**  
  - Relevant questions regarding patient goals and preferences for pain management in labor and delivery  
  - Patient’s history of pain management in previous deliveries |  
  - Demonstrate culturally appropriate and patient friendly communication when interviewing a patient/client  
  - Determine patient preferences for pain relief measures in labor and delivery  
  - Discern history of pain relief measures in any previous labors and Deliveries | **F** |
| **Evaluation:**  
  - Collaborative development of pain management plan |  
  - Assist patient with pain management plan | **P** |
| **Interventions**  
  - Modalities for pain relief during labor and delivery |  
  - Educate patient and/or labor partner(s) in pain management modalities including but not limited to:  
    - TENS, Massage, Ice, Heat  
    - Positioning options  
    - Props such as birthing ball | **P** |
| **Prevention and Wellness**  
  - Knowledge of childbirth education ideologies and practices that address non-interventional pain and anxiety management in labor and delivery |  
  - Identify resources to provide for patients regarding various childbirth education organizations and classes | **F** |
| **Foundational Sciences**  
  - Anatomical pain referral of the uterus and cervix |  
  - Identify pain referral patterns from the uterus and cervix | **F** |
| **Medical Management**  
  - Commonly used anesthesiology for this population  
  - Members of the interdisciplinary team and when/how to refer |  
  - Be aware of commonly used regional and local anesthetics for labor and delivery pain management  
  - Can describe patients physical therapy needs to health care team based on function | **F** |

* F = Familiar; P = Proficient; M = Mastery