A Literature Review of Outcomes Related to Delayed and Spontaneous Pushing in Women During the Second Stage of Labor

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A Literature Review of Outcomes Related to Delayed and Spontaneous Pushing in Women During the Second Stage of Labor

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PATIENT CARE ISSUE

- 267 births each minute throughout the world
- Two different pushing methods:
  - Delayed & spontaneous: withhold pushing after full dilation until irresistible urge
  - Immediate: push as soon as completely dilated
- Inconsistencies and gaps in research regarding the two methods of pushing in terms of maternal and fetal outcomes

EVIDENCE-BASED PRACTICE QUESTION

Is delayed and spontaneous pushing in the second stage of labor the safest and most effective method?

Population — hospitalized women in labor
Interventions — making the labor & delivery process as comfortable and problem-free as possible
Comparison — delayed & spontaneous vs. immediate pushing

Outcomes — length of labor, maternal pain and fatigue, instrument assistance, newborn outcomes, and overall experience

EVIDENCE-BASED PRACTICE RECOMMENDATIONS

- Literature review of eight research articles provided seven findings related to delayed and spontaneous pushing
- Lower rate of instrument-assisted delivery
  - 3/8 evaluated
  - 2/8 supported
- Shortened second stage of labor
  - 8/8 evaluated
  - 8/8 supported
- More positive labor experience
  - 3/8 evaluated
  - 2/8 supported
- Improved newborn outcomes
  - 4/8 evaluated
  - 0/8 supported
- Decreased maternal fatigue
  - 6/8 evaluated
  - 1/8 supported
- Decreased maternal pain
  - 1/8 evaluated
  - 1/8 supported
- Higher Apgar score
  - 3/8 evaluated
  - 1/8 supported

LIMITATIONS

- Sufficient research supports delayed and spontaneous pushing
- Decreases length of second stage of labor
- Recommendation to educate women about benefits of delayed and spontaneous pushing during the first stage of labor
- Further research recommended regarding maternal pain levels and fatigue, Apgar scores, labor experiences, newborn outcomes, and instrument-assisted deliveries as they relate to delayed and spontaneous pushing

METHODS

- Exhausted six databases:
  - AHRQ, CINAHL, CU Library, Medline, NGC, & PubMed
- Key words searched:
  - Delayed pushing, spontaneous pushing, vaginal deliveries, pushing childbirth, vaginal birth, second stage of labor, pushing, childbirth, nursing, vaginal pushing
- Inclusion Criteria:
  - Research within past 5 years, vaginal deliveries during second stage of labor, and focused on pushing techniques
- Exclusion Criteria:
  - Non-English articles, alternative methods of birthing assistance

SYNTHESIS OF EVIDENCE

- Delayed pushing and spontaneous pushing are practices that reduce maternal fatigue, pain, and improve overall labor experiences.
- Delayed pushing is associated with a decreased rate of instrument-assisted delivery.
- Delayed pushing and spontaneous pushing are associated with a shortened second stage of labor.
- Delayed pushing and spontaneous pushing are associated with more positive labor experiences and improved newborn outcomes.
- Delayed pushing and spontaneous pushing are not associated with increased maternal pain.

REGISTERED NURSE INTERVIEW

Kettering Medical Center Labor & Delivery RN

- Interviewed but unaware of hospital policy
- Nulliparas withhold pushing until urge is felt
- Multiparas & women with epidural push at complete dilation

Kettering Medical Center policy:

- Upright position using delayed or non-directed pushing techniques as appropriate

NGC 9/23/12, 9/27/12

- Spontaneous Pushing 7
  - Vaginal Pushing 5
  - 0% (repeated articles)

- Delayed Pushing 30
  - Second Stage of Labor 6.7%

CU Library 09/15/12

- Delayed Pushing AND Vaginal Delivery 11
  - Spontaneous Pushing AND Vaginal Delivery 22
  - Second Stage of Labor AND Delayed Pushing 48
  - Second Stage of Labor AND Spontaneous Pushing 47

Medline 09/24/12

- Delayed Pushing AND Second Stage of Labor 2008-2012 28
  - 7.1%
- Delayed Pushing AND Second Stage of Labor 2008-2012 10
  - 20%
- Delayed Pushing AND Vaginal Delivery AND 2008-2012 13
  - 0% (repeated articles)

- Delayed Pushing AND Spontaneous Pushing AND 2008-2012 4
  - 0% (repeated articles)