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

Kettering Medical Center policy:
- Outcomes: Comparison
  - Vaginal Birth AND Delayed Pushing AND Second Stage of Labor

Key words searched:
- Upright position using delayed or non-directed interviewing but unaware of hospital policy:
- Nulliparas withhold pushing until urge is felt
- Multiparas with women episiotomy push at complete dilation

Kettering Medical Center policy:
- Upright position using delayed or non-directed pushing techniques as appropriate

REGISTERED NURSE INTERVIEW

Literature review of eight research articles provided seven findings related to delayed and spontaneous pushing

- Lower rate of instrument-assisted delivery
- Decreased maternal fatigue
- Decreased maternal pain
- Improved newborn outcomes
- More positive labor experience
- Higher Apgar score
- Sufficient research supports delayed and spontaneous pushing

EVIDENCE-BASED PRACTICE RECOMMENDATIONS

- 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

LIMITATIONS

- Multiple countries studied with possible differences in standards of routine vaginal delivery
- Canada, Europe, Iran, Taiwan, and United States
- Lack of outcome overlap between studies

RESULTS

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<th>Search Strategy</th>
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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

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

METHODS

- 6909.2007.00205.x
- 8/27/12
- 28 7.1%
- 8/23/12
- 48 4.2%
- 9/22/12
- 22 4.5%
- 9/12/12
- 14 28.6%
- 9/19/12
- 8 62.5%