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**Molly Schmidt**  
**Science Internship Program:**  
**Nursing Care**

# **A Peanut and A Pelvis: A Simple Change to Facilitate Labor and Delivery**

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# Abstract

While C/S may be necessary under certain circumstances, they also pose **risks** to the mother and baby. Nationally, mother-baby units have been taking various measures to **reduce** their C/S rates. Medina Hospital's Family Birthing Center used Peanut Exercise Balls for positioning the patient and to increase comfort. By using the Peanut Exercise Ball, we have decreased the primary C/S rate.

# Background

- 2013 National Average of Cesarean Deliveries
  - 32.7%
- ACOG mandated reduction of C-Section rate
- Medina is a Level 1 Birthing Center
- **2012**: 37% **2013**: 30.7% **2014**: 27.8% **\*2015**: 22.2%
- Banner-University Medical Center, Phoenix

# Problem/Purpose

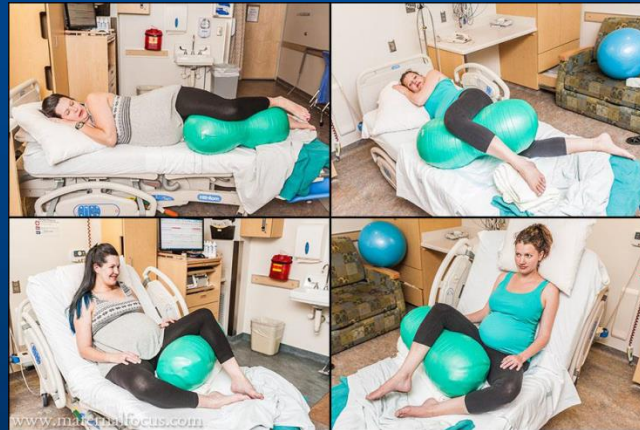
- Decrease the Primary Cesarean Section
  - Increased risk of Infection
  - Increased risk of Deep Vein thrombosis
  - Increased length of stay
  - Increased use of medications/blood products
  - Increased recovery time
  - Long-term reproductive health

# Hypothesis

If **Peanut Exercise Balls** are used by primipara patients during labor to keep their pelvis open, then the primary C-Section rate will decrease at Medina Hospital.

# Methodology

- Nursing staff was educated
- Peanut balls were made accessible
- Nursing staff/patient experience survey
- 2014-2015 monthly C-Section rate review



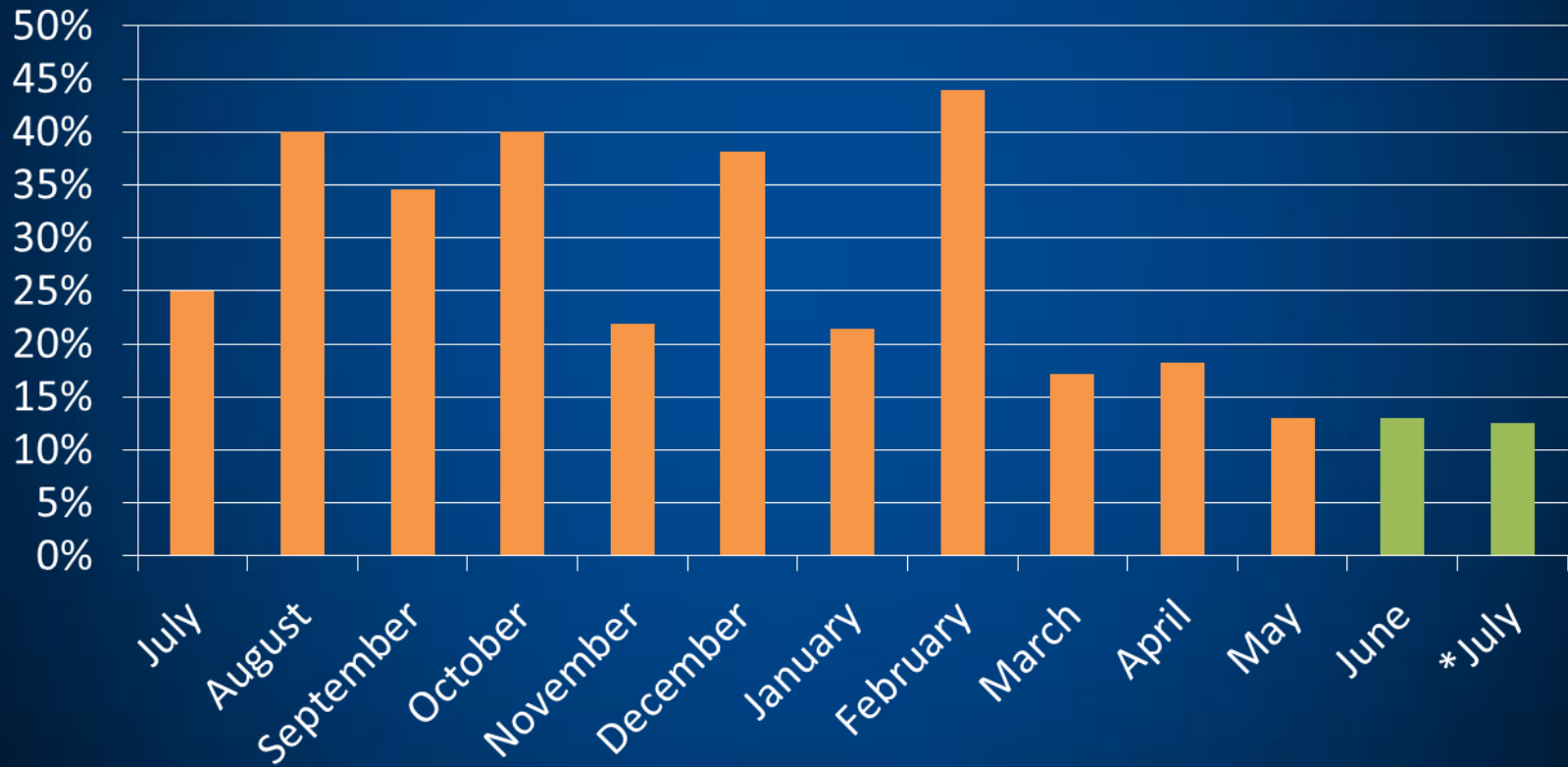


# Data

Patient	Pain Medications	Delivery	Color of Peanut
1	Stadol	Vaginal	Green
3	Epidural	Vaginal	Blue
4	Epidural	Vaginal	Green
5	Epidural	Vaginal	Color not specified
7	Epidural	Vaginal	Green
9	Epidural	Vaginal	Yellow
10	Epidural	Vaginal	Yellow

# Results

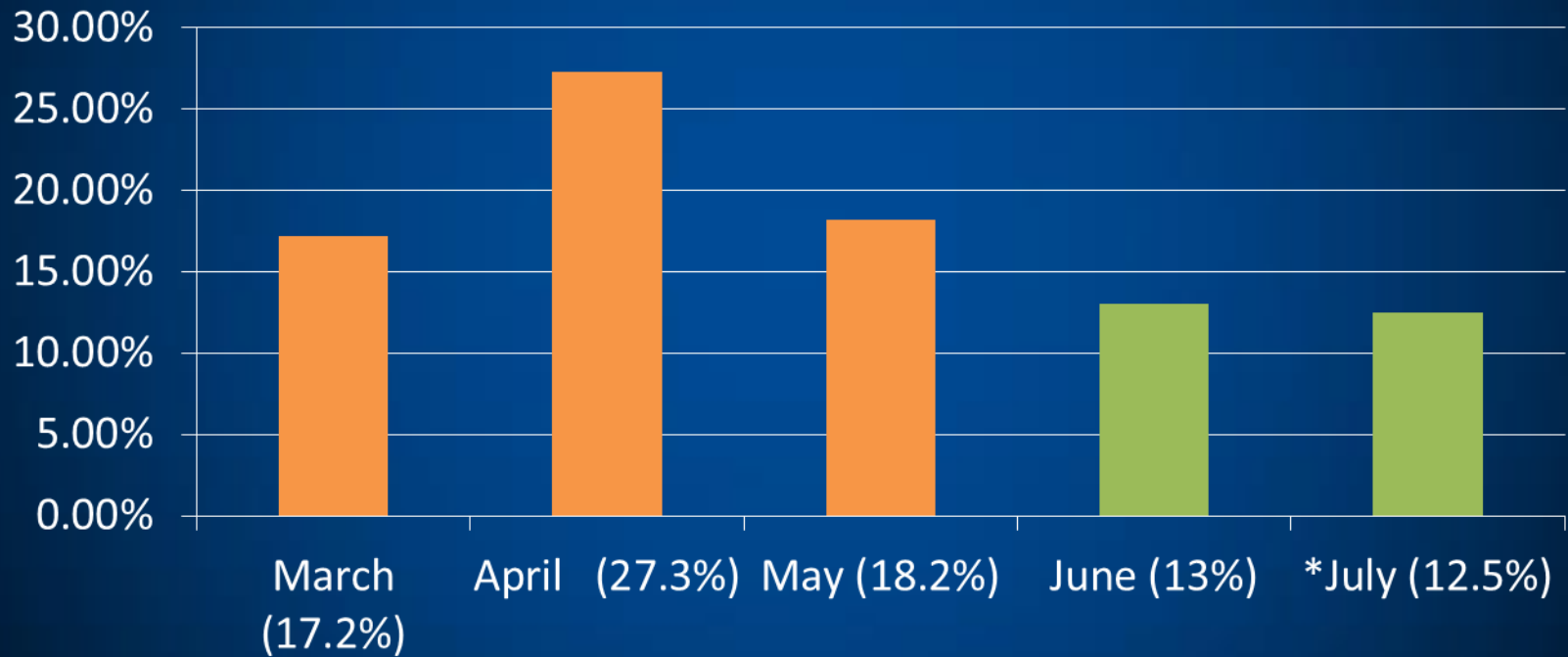
## Primary C-Section Rate: July 2014-July 2015



\*current as of July 20, 2015

# Results

## March 2015-\*July 2015



 Peanut Exercise Ball was not used

 Peanut Exercise Ball was used

# Conclusions

- Questionable decrease in Primary C-Section Rate
- Comfort/ discomfort associated with size
- Effective positioning of laboring patient
- Fun Factor
- Staff Engagement

“The peanut balls worked for my patient with a

**BMI of 50.** She wasn't sectioned.”

# Recommendations

- Larger variety of sizes
- Expand to use with all laboring patients for comfort, and “fun factor”
- Unexpected outcome was the ease in cleaning vs. the multiple pillows that patients used prior for positioning.

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