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Science Internship Program: Nursing Care

Civic Education
Office of Government and Community Relations
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Science Internship Program: Nursing Care
A Peanut and A Pelvis:
A Simple Change to Facilitate Labor and Delivery

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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

<table>
<thead>
<tr>
<th>Patient</th>
<th>Pain Medications</th>
<th>Delivery</th>
<th>Color of Peanut</th>
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<td>Green</td>
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<tr>
<td>10</td>
<td>Epidural</td>
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</tr>
</tbody>
</table>
Results

Primary C-Section Rate: July 2014-July 2015

*current as of July 20, 2015*
Results

March 2015- July 2015

- March (17.2%)
- April (27.3%)
- May (18.2%)
- June (13%)
- *July (12.5%)

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.
References

Special Thanks

- Ann Roach, MSN, RNC-OB, RNC-MNN, ACNS-BC
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