

A Peanut and a Pelvis: A Simple Change to Facilitate Labor and Delivery

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Hypothesis

- 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.
- Medina Hospital is a Level 1 Birthing Center.
- If Peanut Exercise Balls are used by primipara patients during labor, then the primary C-Section rate will decrease at Medina Hospital.

Methodology

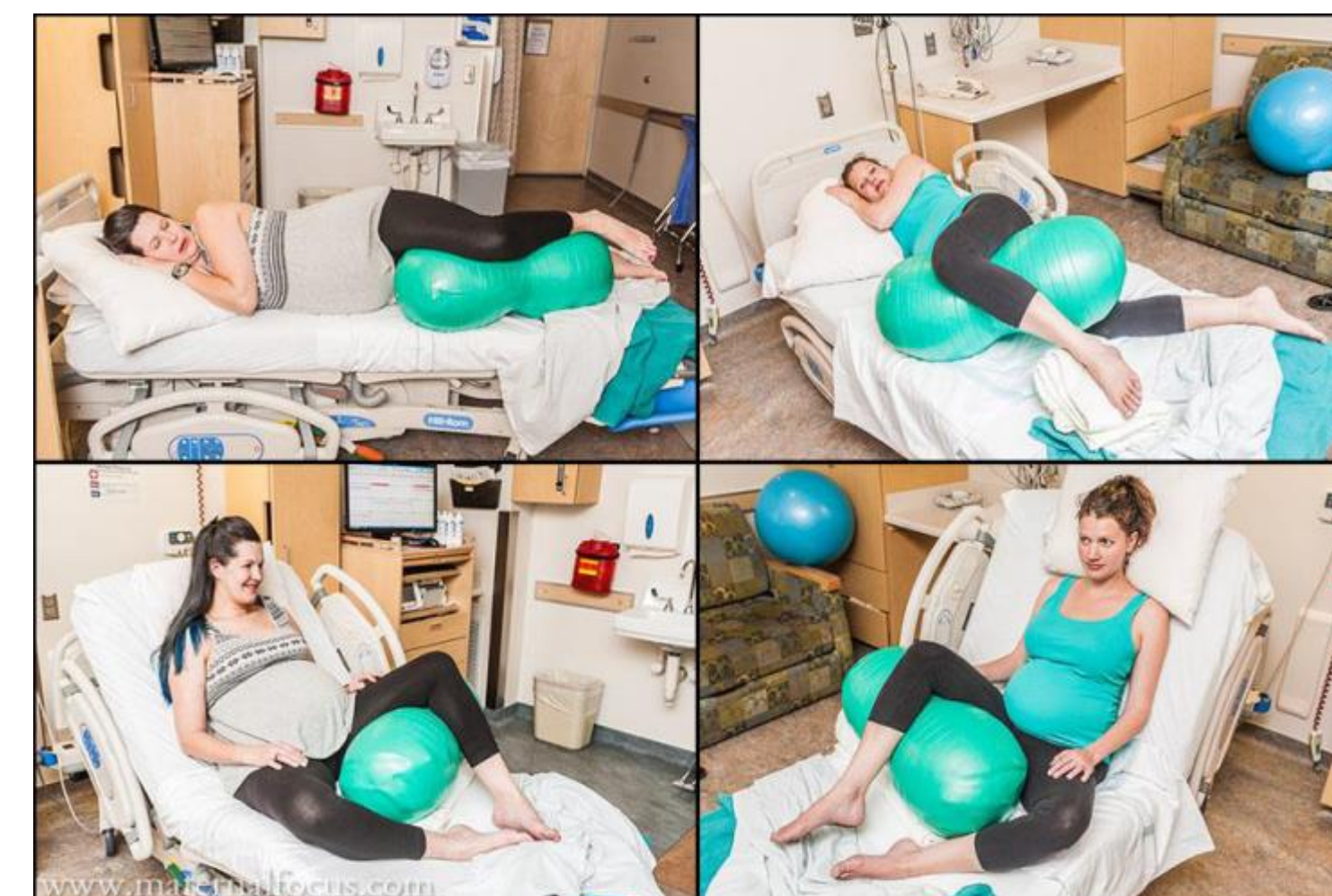
- A literature review was conducted.
- A PowerPoint was created to educate nursing staff on the benefits and uses of the Peanut Exercise Ball during labor.
- Six Peanut Exercise Balls were purchased for the Family Birthing Center. They were purchased in three sizes: 40 cm, 45 cm, 50 cm.
- A survey was distributed to nurses who used the Peanut Exercise Ball with their patient. The survey showed different positions that could be used with the Peanut Exercise Ball, and briefly covered patient demographics. Patient experience was also documented.
- We reviewed the 2014-2015 monthly Cesarean Section Rates at Medina Hospital.

Data

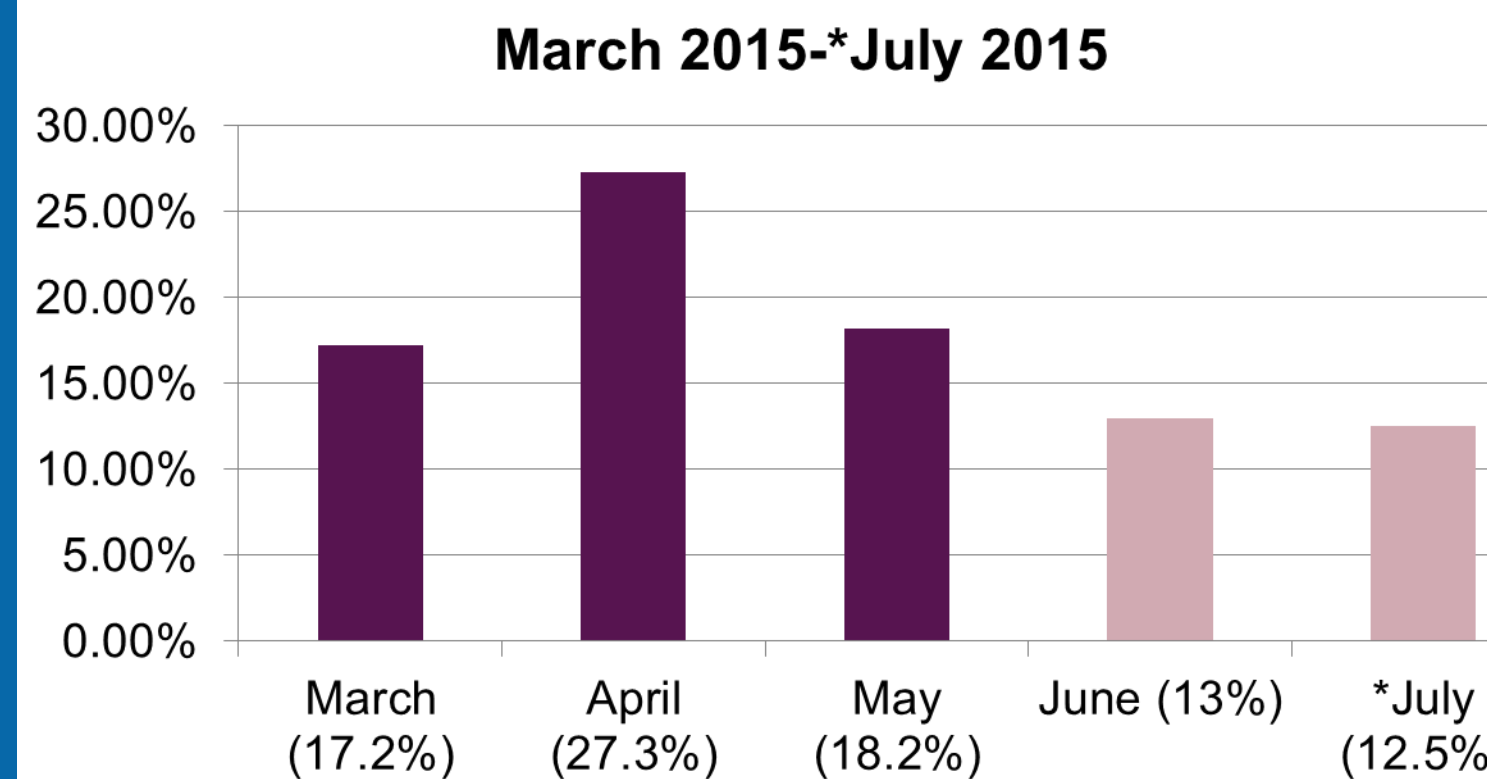
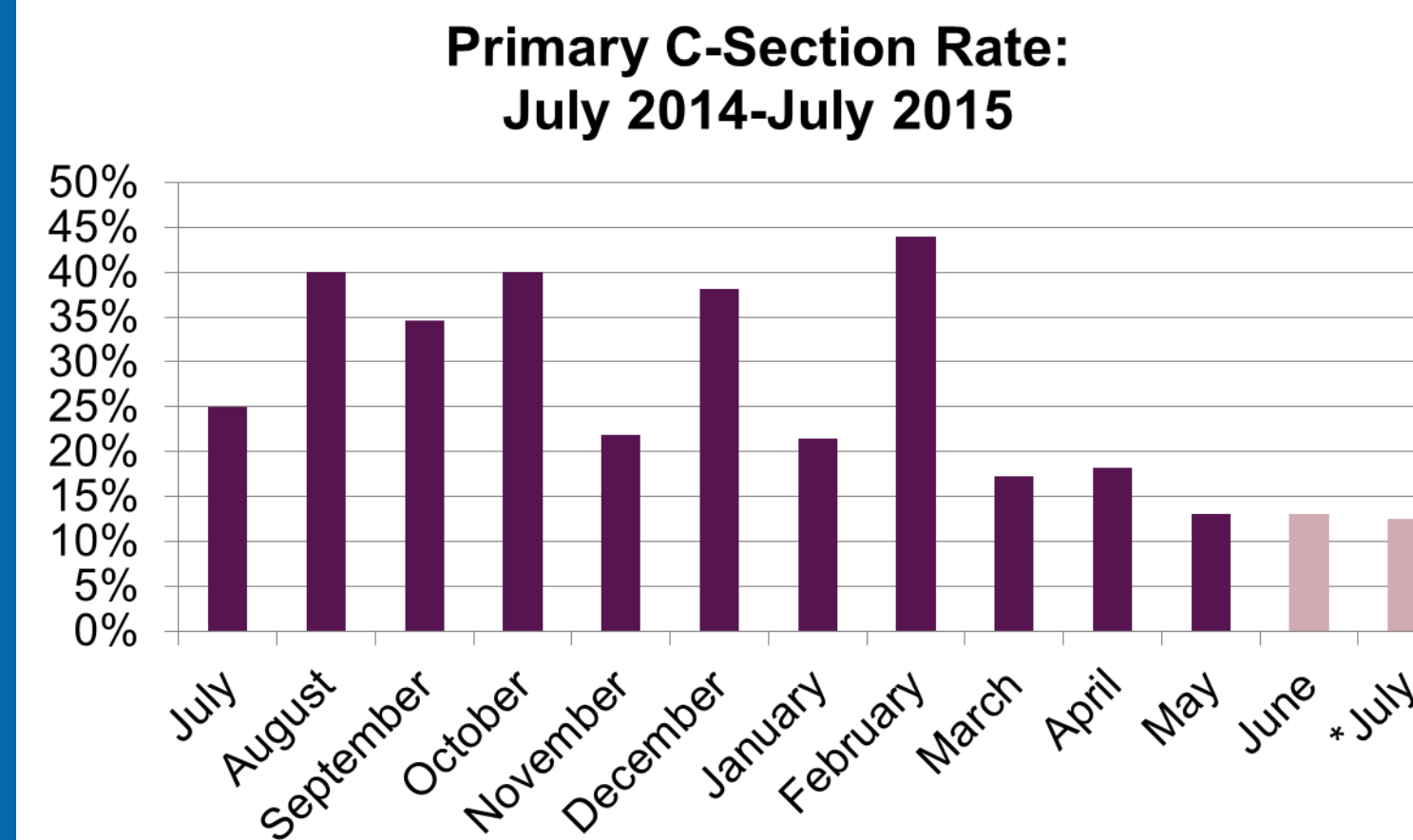
- Potential Cesarean Section Risks
 - Increased risk of infection
 - Increased risk of Deep Vein thrombosis
 - Increased length of stay
 - Increased use of medications and blood products
 - Increased Recovery Time
 - Long-term reproductive health

Patient	Pain Medications	Delivery	Color of Peanut
1	Stadol	Vaginal	Green
2	Epidural	Vaginal	Blue
3	Epidural	Vaginal	Green
4	Epidural	Vaginal	NA
5	Epidural	Vaginal	Green
6	Epidural	Vaginal	Yellow
7	Epidural	Vaginal	Yellow

- Blue Peanut Exercise Ball: 40 cm
- Yellow Peanut Exercise Ball: 45 cm
- Green Peanut Exercise Ball: 50 cm



Results



Nurse Comments:

"I like the Peanut, I've had patients make great progress with it. Is it possible to make it smaller?"

"Nice positioning device"

"The patient laughed, and so did I, but she said it was comfortable!"

Patient Comments:

"Whoah, what is that?"

"I love it, much more comfortable than stirrups."

"This is so comfortable."

"It's funny, but I really liked it."

Conclusions

- There was a decrease in primary C-Section rates at Medina Hospital's Family Birthing Center.
- Whether or not the patient found the Peanut Exercise Ball comfortable was dependent on the size of the Peanut Exercise Ball.
- An unexpected outcome was the ease in cleaning of the Peanut vs. the multiple pillows that patients used prior for positioning.
- The Peanut Exercise Ball allowed for more effective positioning of the laboring patient.
 - The Peanut Exercise Ball was more comfortable than stirrups for some patients.
 - The Peanut Exercise Ball was more supportive than pillows when laying the patient on her side.

"The Peanut Exercise Balls worked for my patient with a BMI of 50. She was not sectioned."

Recommendations

- The Peanut Exercise Ball should be purchased in a larger variety of sizes. While we anticipated the smallest size (40 cm) to be most comfortable, the comfort preference differed from patient to patient.
- The study should be continued, and the Peanut Exercise ball should be used with all patients for comfort, and "fun factor".