



Communication, education, and beliefs about epidurals among Spanish-speaking parturients; a pilot cross-sectional study

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Spanish-speaking Hispanic patients receive neuraxial labor analgesia at the lowest rates in the US¹

- Feelings that women should cope with labor pain
- Fear of back pain or paralysis
- Discouragement from family and friends²

Methods:

- 20 Spanish-speaking patients 12-48 hrs postpartum
- Standardized survey administered verbally

1. IJOA. 2014;23:161-167
2. A&A. 2016;122(1):204-209

Patients surveyed:

- 14 vaginal deliveries, 6 planned cesarean sections
- 18 neuraxial anesthesia, 2 declined

100% reported understanding explanations from the anesthesia consult

People who felt strongly about the patient's decision about an epidural

Community
Church
Friends
Family Co-workers
Mother-in-law

Reasons epidural was declined or discouraged

Bad for baby
Sciatica
Needle
Back pain
It is bad Problems
Mothers should have pain

Sources of epidural information

Friend
Book Hospital Google
Prior experience
Anesthesiologist
Clinic
Nowhere

Conclusion:

- Patients satisfied with communication with anesthesia team
- Lack of information about epidurals prenatally from an obstetric provider
- Many told myths about epidurals from family, friends, or community members

Future directions:

- Study differences in prenatal counseling about epidurals between English and Spanish-speaking patients
- Educational materials in patients' primary language
- Develop educational outreach programs for Hispanic patients

