

When Does Laboring Pain Become Front of Mind: Timeline of Antenatal Care Concerns From Patients' Perspectives

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Background

Patient decisions surrounding laboring pain management is a potential source for either **patient empowerment** or a sense of **dissatisfaction** surrounding birth.



1st trimester

2nd trimester

3rd trimester

Optimal timing on education surrounding laboring pain management options has never been elucidated.

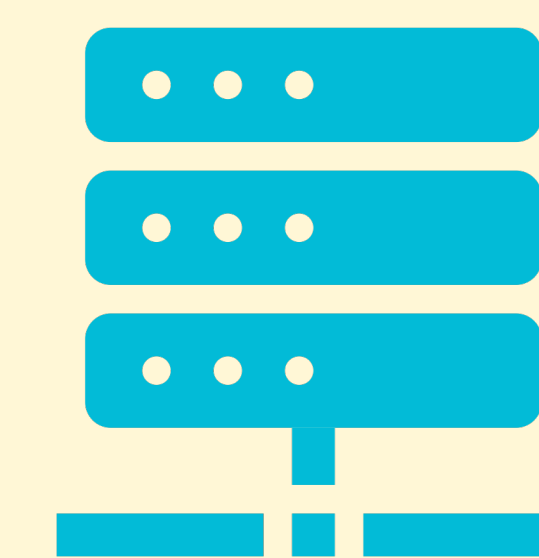
Methods



Mixed-method study
Qualitative phase - Interviews



Primiparous patients



Deductive and inductive coding

Results

age
25 to 52
years old

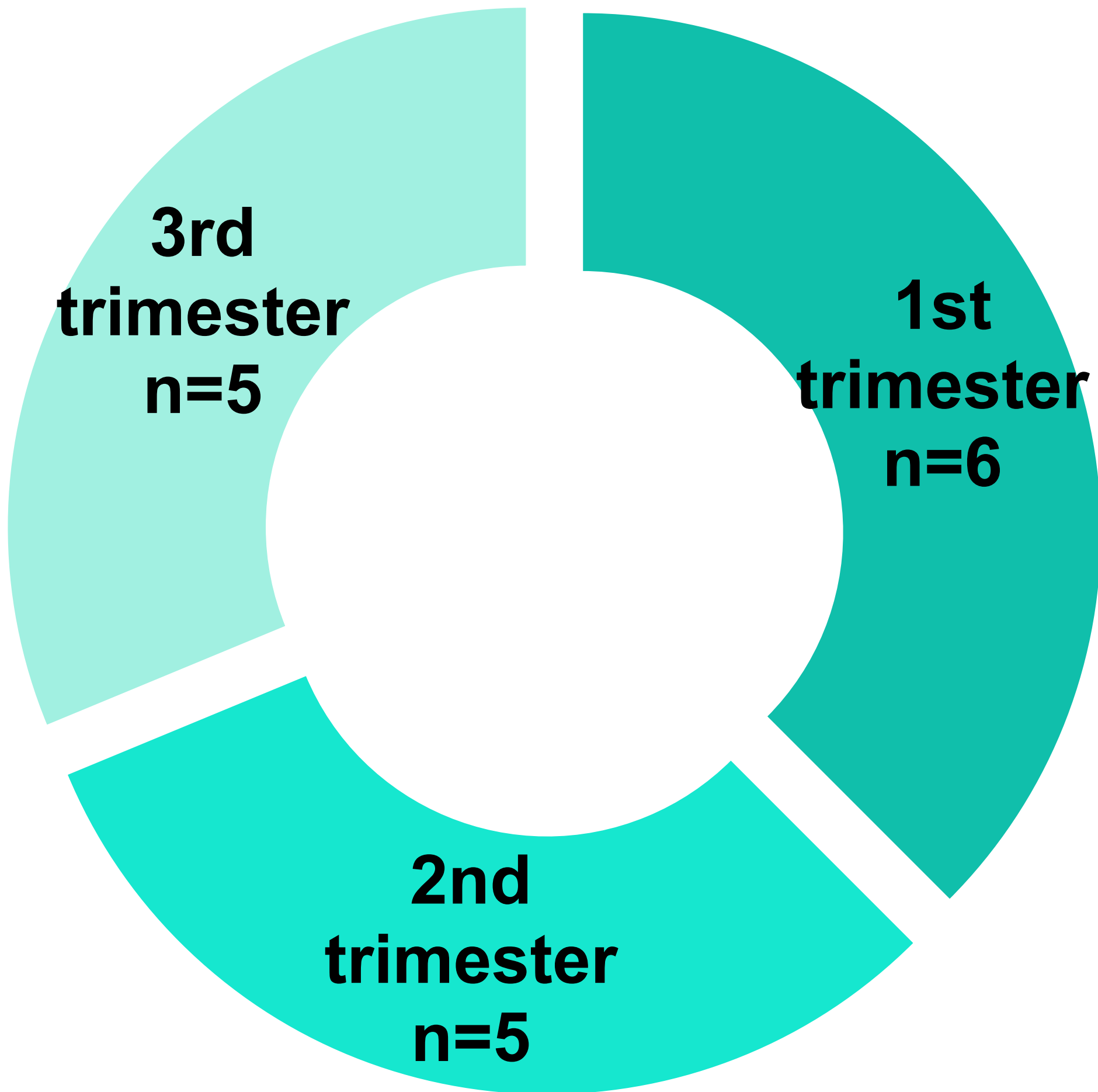


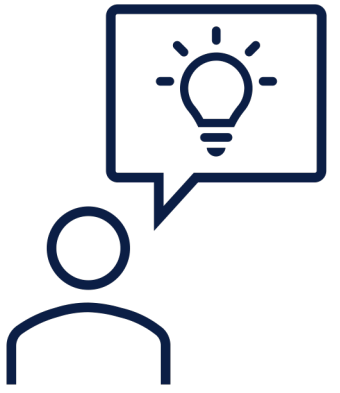
Table 1. Themes elicited from participants’ interviews.

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|--|---|
| <ul style="list-style-type: none">• Baby’s health and development• Maternal medical issues• Pregnancy symptoms• Lifestyle changes during pregnancy (dietary, exercise)• Labor and birth experience• Laboring pain management (Epidural) | <ul style="list-style-type: none">• Postpartum Recovery• Mental health concerns• Logistics after baby’s arrival• Work/Finances• Health care system• Pregnancy milestones and tests• Available resources• Social life and support |
|--|---|

Pain management	“My biggest worry is really the actual delivery itself... Ideally, I’d like to have an unmedicated birth. I haven’t had any information about what UCSF or my healthcare provider may or may not support.” -1st trimester “That’s the one thing I do have figured out - I know I don’t want an epidural... epidurals really scare me and the fact that once it’s there, you can’t move around a lot.” -3rd trimester
Gathering resources	“My OB said that I’ll talk to an anesthesiologist in my 3rd trimester, but I feel like that’s too long to wait before I know if I’ll be able to get an epidural. I want to be prepared as much as possible. I want to do it all early.” -1st trimester

Table 2. Selected participant quotes regarding themes of Pain management and Gathering resources.

Discussion

 Labor pain management concerns begin as early as 1st and 2nd trimester

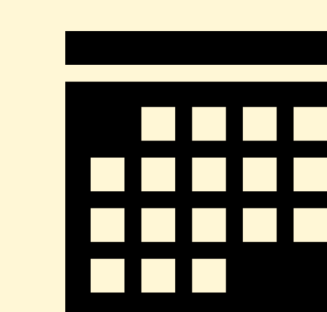


- Appropriate and available resources and discussions are critical at times when patients are most engaged in making decisions.
- Patients may have different concerns than providers and at unexpected times through pregnancy, emphasizing a patient-centered approach to peripartum counseling and education.

Future Directions



Quantitative survey



Timeline of antenatal concerns