

POST-TEST

ICEA POSITION PAPER: COMFORT MEASURES

1. *Effleurage* is
 - a. A very specific form of massage that requires instruction/practice in order for it to be effective
 - b. A light touch massage-like movement over the pregnant abdomen performed by the pregnant woman that is frequently done without conscious effort
 - c. A light touch massage-like movement over the pregnant abdomen performed by a doula or support person
 - d. A term used to describe any massage during labor

2. *Exteroceptors are specialized to detect sensory information from the external environment such as*
 - a. Visual, olfactory, gustatory, auditory and tactile
 - b. Visual and olfactory but not gustatory or tactile
 - c. Visual and gustatory but not olfactory, auditory or auditory
 - d. All but visual

3. *For Hydration and Sustenance the following should be considered*
 - a. The body has fuel reserves and is able to cope with labor on its own therefore hydration and sustenance are superfluous
 - b. The only way to assess for thirst or dehydration during labor is to ask the laboring woman
 - c. Food should be avoided during labor so that the bowel is not distended which could impede delivery
 - d. Hydration and sustenance are important to fuel the body and assist with labor. Drinking and light meals should be considered on an individual basis

4. *The following herbs have the potential to cause uterine stimulation and miscarriage*
 - a. Blue cohosh, black cohosh, evening primrose, aloe, ephedra, Epsom salts and Chinese tea rose
 - b. Blue cohosh, black cohosh, feverfew, evening primrose, aloe, Epsom salts and Chinese tea rose
 - c. Blue cohosh, black cohosh, feverfew, aloe, ephedra, Epsom salts and Chinese tea rose
 - d. Blue but not black cohosh, feverfew, evening primrose, Epsom salts

5. *Hydrotherapy for comfort*
 - a. Shows a statistical decrease in pain during the first stage of labor
 - b. Has no statistical evidence but significant qualitative evidence
 - c. Shows a statistical decrease in pain during the second stage of labor but not the first stage
 - d. Can increase vasodilation thus slowing or stalling the labor

6. *A Cochrane review of 15,061 women found the following with continuous support during labor*
 - a. The labor was approximately the same length but with a decrease in discomfort
 - b. Led to fast labors but without a decrease in pain perception
 - c. Decrease in cesarean birth but additional interventions
 - d. Decrease in cesarean birth, shorter labor and less medical interventions

7. *Non-pharmacologic comfort measure should always be the first choice because*
 - a. There are no risks to these types of comfort measures
 - b. They are inexpensive and always lead to better outcomes
 - c. They may not be the first/best choice for all women. Benefits, risks and preferences must be evaluated
 - d. They can be done by the support person/team and don't require medical knowledge or training

8. *Acupuncture and Aromatherapy have no evidence to support their effectiveness and should not be used for labor and birth*
 - a. True
 - b. False

9. *Benefits of movement during labor include:*
 - a. Balance and homeostasis along with muscle strength, stability and stretching
 - b. Balance and homeostasis but stretches should be avoided due to relaxin levels in the system
 - c. Muscle strength, stability and stretching. Care should be taken as moms generally don't have good balance during labor
 - d. No documented benefits and most moms would prefer to lie down to labor so they can relax

10. *Risk of using herbal preparations and homeopathic remedies include*
 - a. No risks involved as long as you are under the care of someone who is educated in their use
 - b. Herbal preparations and homeopathy should never be used for pregnant women as the risks are too high
 - c. Uterine overstimulation, rupture, and birth defects
 - d. Under stimulation of the uterus and prodromal labor along with possible birth defects

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