



UNIVERSITY OF SAN FRANCISCO
CHANGE THE WORLD FROM HERE

Implementation of Staff Education to Standardize the Use of Positions During the First Stage of Labor

Kelsey Jo Koch, RN, CNL; Tracey Lee, RN, CNL; Minh Phan, RN, CNL



Implementation of Staff Education to Standardize the Use of Positions During the First Stage of Labor

Kelsey Jo Koch, RN, CNL; Tracey Lee, RN, CNL; and Minh Phan, RN, CNL

References:



Background

A cesarean delivery is a common procedure that may be medically necessary but can also lead to adverse outcomes such as maternal hemorrhaging, infection, and an increased risk of complications for future pregnancies (WHO, 2021). These risks can lead to the use of more pain medications, prolonged length of stay, and increased hospital costs (Burke & Allen, 2020). One way to minimize and avoid unnecessary cesarean deliveries is through the use of patient positioning and mobility during the first stage of labor. Nurses play a vital role in the birthing process, therefore, knowledge and confidence of patient positioning is essential to promote safe spontaneous vaginal deliveries. In the labor and delivery (L&D) unit of a South Bay county hospital, there lacks a standardization of nursing practice with varied knowledge on the use of laboring positions that can aid fetal descent. Nurses must have quick judgement and interpretation of labor positions to effectively intervene. The main objective of this project is to educate L&D nurses and increase the confidence of laboring positions to aid fetal descent and shorten the duration of labor.

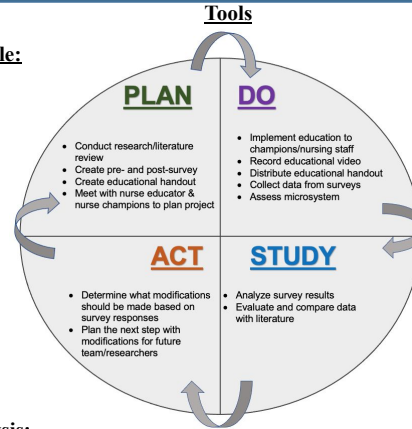
PICO Question:

For L&D nurses, how does staff education on patient positioning during the first stage of labor compared to no additional education affect the nurses' level of knowledge and confidence of using various labor positions to aid in fetal descent and progression of labor?

Project Aims:

- To educate L&D nursing staff on patient positions that aid labor progression
- To standardize the knowledge of patient laboring positions

PDSA Cycle:



SWOT Analysis:

Strengths	Weaknesses
<ul style="list-style-type: none"> Relatively low cost for project development Nurse eagerness to learn and contribute to the project Support from nurse educator and nurse champions 	<ul style="list-style-type: none"> Limited equipment and supplies on the unit Limited evidence on labor positions other than "upright" and "mobility" Limited training and birthing classes provided for staff
Opportunities	Threats
<ul style="list-style-type: none"> Increase nurse confidence and knowledge on labor positions Shorten the duration of labor Decrease cesarean delivery rates Outcomes can contribute to emerging data Video presentation can be utilized for staff development training 	<ul style="list-style-type: none"> Limited time for nurses to receive education during their shift Unable to provide thorough education due to limited time

Interventions:

- Nursing staff education on the following labor positions:
 - Upright/Mobility group
 - Flying Cowgirl
 - Modified Fire Hydrant
 - Side-Lying
 - Froggy Walcher's
- Verbal education
- Informational Handout
- Recorded Presentation

Measures:

- Total: 80 L&D nurses
- All three shifts (AM, PM, NOC)
- Pre-Education Survey
 - 22 respondents
- Post-Education Survey
 - 20 respondents

Results

Figure 2: Post-Education Survey Scores

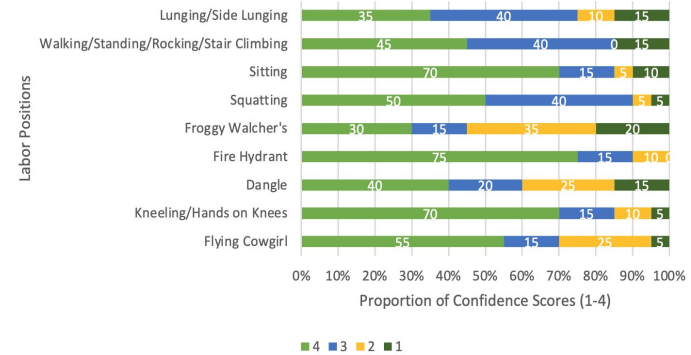
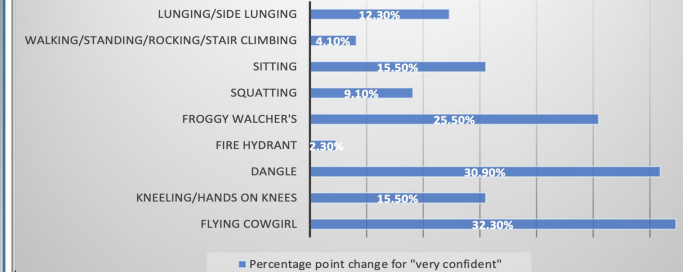


Figure 3: Percentage Point Change from Pre-Survey to Post-Survey for Highest Confidence Level



Discussion/Recommendations

The results of the pre- and post-educational surveys demonstrate that the educational training on nine selected positions does increase the confidence levels of L&D nurses utilizing these positions with laboring patients. In the future, students recommend increasing the length of time between pre- and post-educational surveys to allow more time for staff education. Additionally, as requested in several survey responses, a hands-on component should be added to the training to allow nurses to practice implementing these positions. Lastly, future implementation of this project should explore other potential outcome measures impacted by positioning, such as cesarean rates, analgesia usage, duration of labor, and patient satisfaction scores.

PICO and Recommendations

PICO Question: For labor and delivery nurses, how does staff education on patient positioning during the first stage of labor compared to no additional education affect the nurses' level of knowledge and confidence of using various labor positions to aid in fetal descent and progression of labor?

Results:

- Increases in feeling “very confident” across all nine positions
- Greatest increases in the “very confident” level seen with flying cowgirl, dangle, and Froggy Walcher’s
- Smallest increases in confidence seen in walking/standing/rocking/stair climbing and fire hydrant

Next Steps:

- Use our recorded presentation to standardize labor positioning among all Labor & Delivery nurses
- Add hands-on component to the education
- Include a longer time period for education between pre- and post-surveys
- Assess other outcome measures, such as cesarean rates, patient satisfaction scores, and duration of labor