

Pain Management Assessment Form

Circle one: I am okay not okay unsure about narcotic pain medications in labor.

As your doula, I want to support you in whatever pain management options you choose. However, it does help to have an idea of what type of doula you would like me to be. Some women want me to make them bite the proverbial bullet while others want me to push them only to a certain point. (Some people are going to get the epidural as soon as they are in pain, and I am there more for emotional and informational support). **Please set some goals** so that I know what to do when you are asking for an epidural! Some women have a goal of getting an epidural and would like me to 'push them' along until they get to their 'set goal'. Some people want me to push them for a certain amount of time (for example, offer other techniques for a half an hour, or an hour. Some would rather time it by contractions- for example "get me through 10 or 20 more contractions"). Please describe what you would like for me to do in normal labor. NEXT, describe what you might expect in a long and difficult labor.



I have concerns about _____

Please take a look at the following page, and let me know which of the boxes (+4 to -4) most apply to your desires when it comes to pain management. Please list your pain management scale below:

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+4 I do not want to feel pain. I will be getting an epidural as soon as possible. (Most often - but not always accommodated by hospital staff).

+3 I would like to get an epidural in early labor. My goal would be to wait until maybe _____ cm dilation.

+2 I am considering an epidural in active labor. I will try various coping techniques until approximately _____ cm dilation.

+1 I would like to get an epidural prior to pushing (perhaps in the transition stage of labor).

0 I'd like to avoid pain medications if I can, but if coping becomes difficult, I do not plan to suffer for very long. I have no expectations on when I might ask for pain medications.

-1 I have a desire to avoid an epidural, but may choose to have other pain meds instead.

-2 I have a strong desire to avoid all pain meds (mainly because of the side effects on me and the baby), but I will accept them in a long and/or difficult labor.

-3 I have a very strong desire to avoid all medications not only for side effects, but for personal reasons/gratifications as well. I would be disappointed in myself if I use pain meds.

-4 I want to avoid medications at all cost, I would like it to be denied to me by the staff no matter how much I beg for it. (Extreme, and not very realistic).