

# MANAGEMENT OF PAIN DURING THE LABOUR

## COMPARISON BETWEEN THE SWISS AND THE SCOTTISH PRACTICE

Management of pain in Switzerland :

- **Drug based interventions**

(recommendations by the Haute autorité de santé (HAS), 2017) :

- Epidural or rachis anesthesia
- breathed in analgesia (MEOPA), nitrous oxide
- Opioids, such as nalbuphine

- **Drug free interventions**

(recommendations by the Haute autorité de santé (HAS), 2017) :

- Continued support of women
- Hypnosis (but not an official recommendation)
- Immersion in water/ bath
- Relaxation
- Acupuncture
- Massage



Management of pain in Scotland :

- **Entonox (or MEOPA)** according to Wise, . (2023) 50% nitrous oxide, 50% oxygen
  - Pros : can be used in any setting
  - Cons : can provoke nausea, vomiting and feeling disorientated
- **Aromatherapy** : help relaxation, reduction of pain, reduce nausea and can be recommended for women who are tired or anxious

**Then, we have 2 suggestions to stimulate uterine contractions but also to reduce pain :**

- **Contraction blend 1** : blend of oils, uterine stimulating with analgesic and reduce feelings of stress and fatigue
- **Contraction blend 2** : stimulate contractions and increase self-confidence and optimism, analgesic properties

This is only a small sample of what is available



As we can see, there are similarities between the swiss side and the Scottish side about pain relief. We can also notice differences for example the use of aromatherapy blends to stimulate contraction. We do not use this blend in the purpose to reduce the pain.