Comprehension Guide for PVB E-Modules  
  
**Latent Labor**   
  
**1.**   
a) Discuss why “What questions do you have?” is a better way to facilitate the patient-provider relationship than “Do you have any questions?”  
b) At < 3 cm dilated during latent labor, is it a good idea to encourage discharge home? Why or why not?  
c) Of the three – checklists, patient education, or a latent labor lounge – which do you feel would be most effective in your hospital to encourage avoiding early admission for L&D?

**2.**   
a) What has continuous labor support been shown to be effective with?   
Option 1 – decreasing Cesearean births   
Option 2 – improving maternal feelings of comfort and safety   
Option 3 – Options 1 & 2   
Option 4 – Option 2 only   
b) Share any experiences you have had working with a doula

**3.**   
b) What advice would you give a patient when they ask what they should do at home during latent labor?  
  
**Promoting Active Labor Progress**   
  
**1.**   
a) Discuss the effects of fight or flight on oxytocin and how this can affect labor  
b) Discuss the role of beta endorphins, and state what can happen if they are too high or too low

**2.**   
a) Has continuous fetal HR monitoring been shown to be effective in promoting active labor?   
b) How can we use an epidural wisely?

**3.**   
a) Discuss the implications of continuous monitoring on low-risk patients  
b) Of the positions listed, provide their descriptions/rationale for use.  
A picture containing text, indoor, wall, floor

Description automatically generated

Two people dancing

Description automatically generated with low confidence

A picture containing furniture, seat, sofa

Description automatically generated

**4.**a) Have you used the Miles Circuit before in your hospital? Do you think it is feasible to implement? Why or why not?   
b) Would you use the sidelying release with patients? Why or why not?

**5.**a) What’s a good positioning tool for laboring patients who have received an epidural to independently do the abdominal lift + tuck?   
b) What is the best way to facilitate patient autonomy when looking to change positioning?

**Comfort Measures**

**1.**a) Discuss the impact of replacing the fear-tension-pain cycle with a safety-peace cycle and ways to accomplish this

**2.**   
a) List three non-pharmacologic pain management tools – what have you seen work well on your team?   
b) Discuss one way to make water immersion easier for patients

**3.**   
a) Discuss using visualizations during labor - What can you do to encourage other team members to use these tools?   
b) Discuss the use of nitrous oxide at your facility – have you seen its effectiveness? Would you recommend it as an option for patients?

**4.**   
a) Are there benefits to having a birth plan?   
b) What are some precautions as well as benefits of using a birth stool?

**Second Stage**

**1.**a) Discuss immediate vs delayed pushing   
b) Why is sidelying a good position for second stage of labor?

**2.**a) Discuss the idea behind ‘closed knee pushing.’  
b) Is non-directed pushing better than directed pushing? Why or why not?