



COMFORT MEASURES FOR CHILDBIRTH
 as rated by Penny Simkin, P.T.
 (adapted to MMC)

DRUG-FREE RELIEF

Technique	Pain Relief	% Helped	Physical Control	Relaxation	Safety	Cost
Birth	Excellent	90%	Complete	Doze between contractions	Less common, minor side effects	Inexpensive
Shower	Good	75%	Complete	Relax during & between contr.	Less common, minor side eff.	Inexpensive
Pressure for Back Pain	Good	75%	Complete	Relax between contractions	No side effects	Inexpensive
Cold or Hot packs	Good	75%	Complete	Relax between contractions	No side effects	Inexpensive
Massage & Touch	Fair to good	75%	Complete	Relax between contractions	No side effects	Inexpensive
Movement & Positions	Good to Excellent	75%	Complete	Relax between contractions	No side effects	Inexpensive
Equipment to reduce pain	Fair to good	75%	Complete	Relax between contractions	Less common, minor side eff.	Inexpensive
Cupressure	Fair	25%	Complete	Relax between contractions	No side effects	Inexpensive
Breathing, Relax, Focus	Fair to good	50-75%	Complete	Relax during & between contr.	No or minor side effects	Inexpensive
Emotional Support/ Doula	Good to Excellent	90%	Complete	Relax during & between contr.	No side effects	Inexpensive to < \$500 (doula)
Environmental comforts	Fair	90%	Complete	Relax during & between	No side effects	Inexpensive

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DRUG RELIEF

Standard epidural	Total	90% or greater	Can't use legs	Sleep through contractions	Many serious side effects	Very expensive \$1000-1500
Light/late segmental epidural	Excellent to total	75%	Can move in bed	Sleep through Contractions	Less common serious side effects	Very expensive \$1000-1500
Epidural/spinal narcotics	Excellent	75%	Can walk a bit	Doze between Contractions	Less common serious side effects	± \$500
Intravenous or intramuscular narcotics	Fair to good	75%	Can move in bed, perhaps walk	Doze between contractions	Less common serious side effects	\$100 or less