

LABOR OF LOVE

and Delivery of a Pain Management Strategy

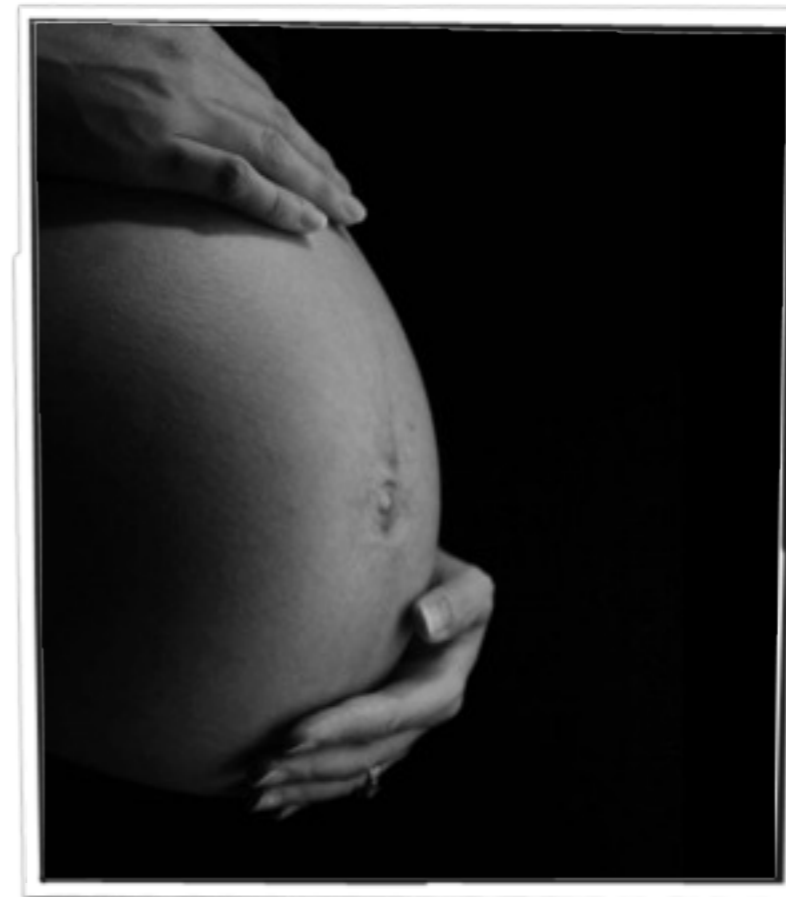
It's delivery time!

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ETEC 613
Spring 2011

Pain Management Strategy
How well do I deal with pain?
What are the **RISKS?**
Epidural
Behavioral vs. Medical
Breathing Techniques
What are the **BENEFITS?**
What are my options?

The 3 Stages of Our Labor Process

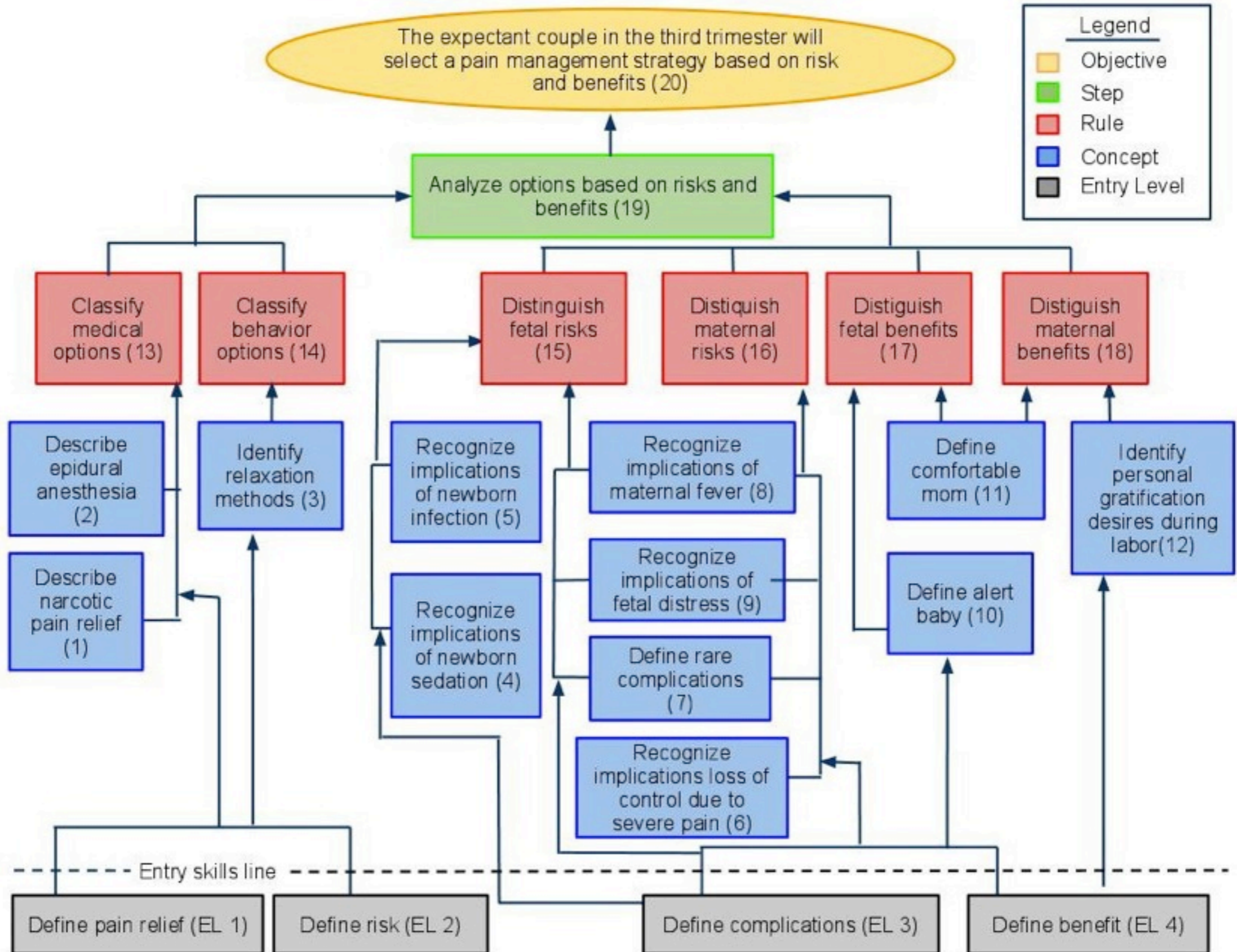
- **Early Labor**
 - Content Analysis
 - Test & Module Design
- **Active Labor**
 - Methodology
 - Analysis & Results
- **Delivery**
 - Revisions
 - Insights



Goals



Hierarchy



Target Population

- Expectant couples
 - Cognitive
 - Physiological
 - Affective
 - Social



Tests

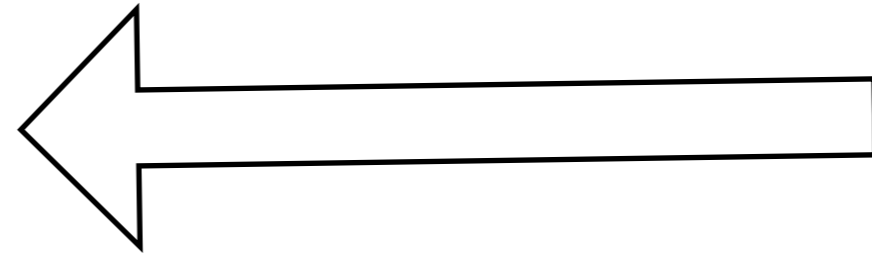
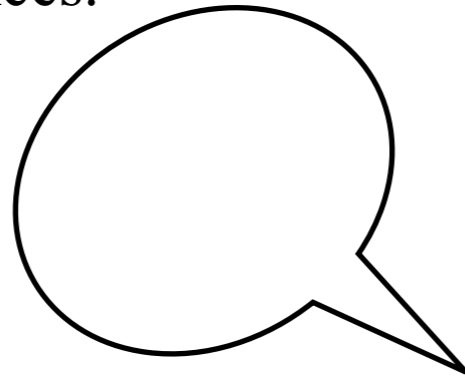


- Entry levels questions
- Pre/ Embedded Test
- Post Test
- Types of questions
- Written components

Strategy

1. Gain attention

- Relevant thought questions
- Quick practice activities to provide hands-on experiences.
- User-friendly

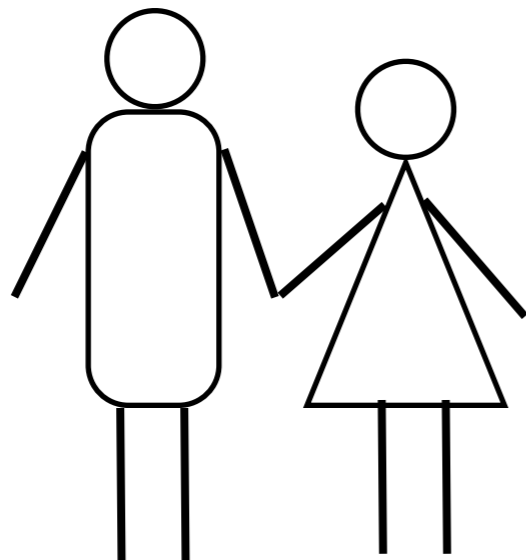
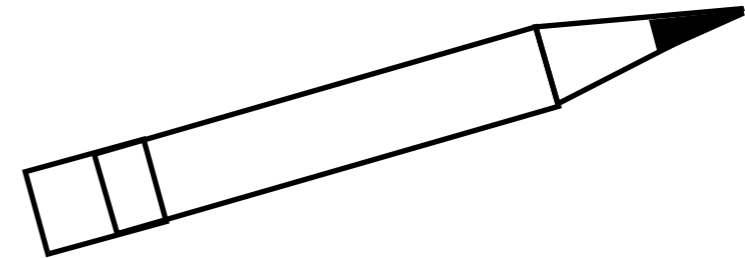


2. Inform learners of objectives

- The terminal objective will be included in the beginning of the module.
- The smaller objectives will be introduced prior to each chapter

3. Stimulate recall

- Prompt with questions to get learners to think about think about what they already know.



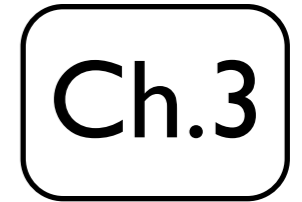
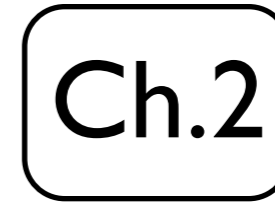
4. Present the stimulus

- Using scenarios and the information will be shared in an informal like manner
- Imagining that they are in the hospital having to make the pain management choices.

Strategy continued

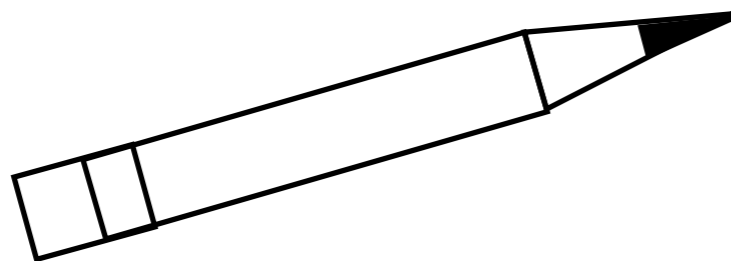
5. Provide learning guidance

- Clustered into chapters that lead up to the main objective.
- Similar to following a book



7. Provide feedback

- Embedded questions
- End of chapter tests will be used to give ongoing feedback to the learner



9. Enhance retention and transfer

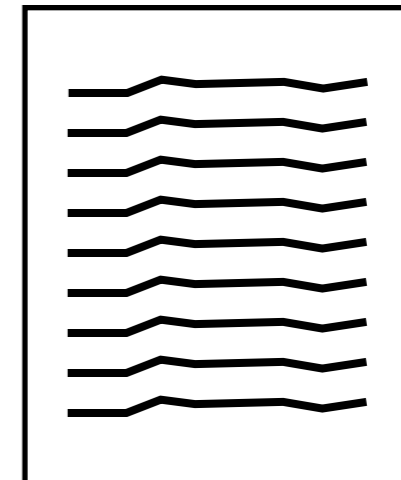
- Learner will document with their pain management choices, to help ease the stressfulness of labor.
- They can then present the document to their health team at time of labor.

6. Elicit performance

- The learner will be presented with instruction
- Answer test questions and given feedback
- Their notes on each chapter will help to ensure personal learning throughout the module.

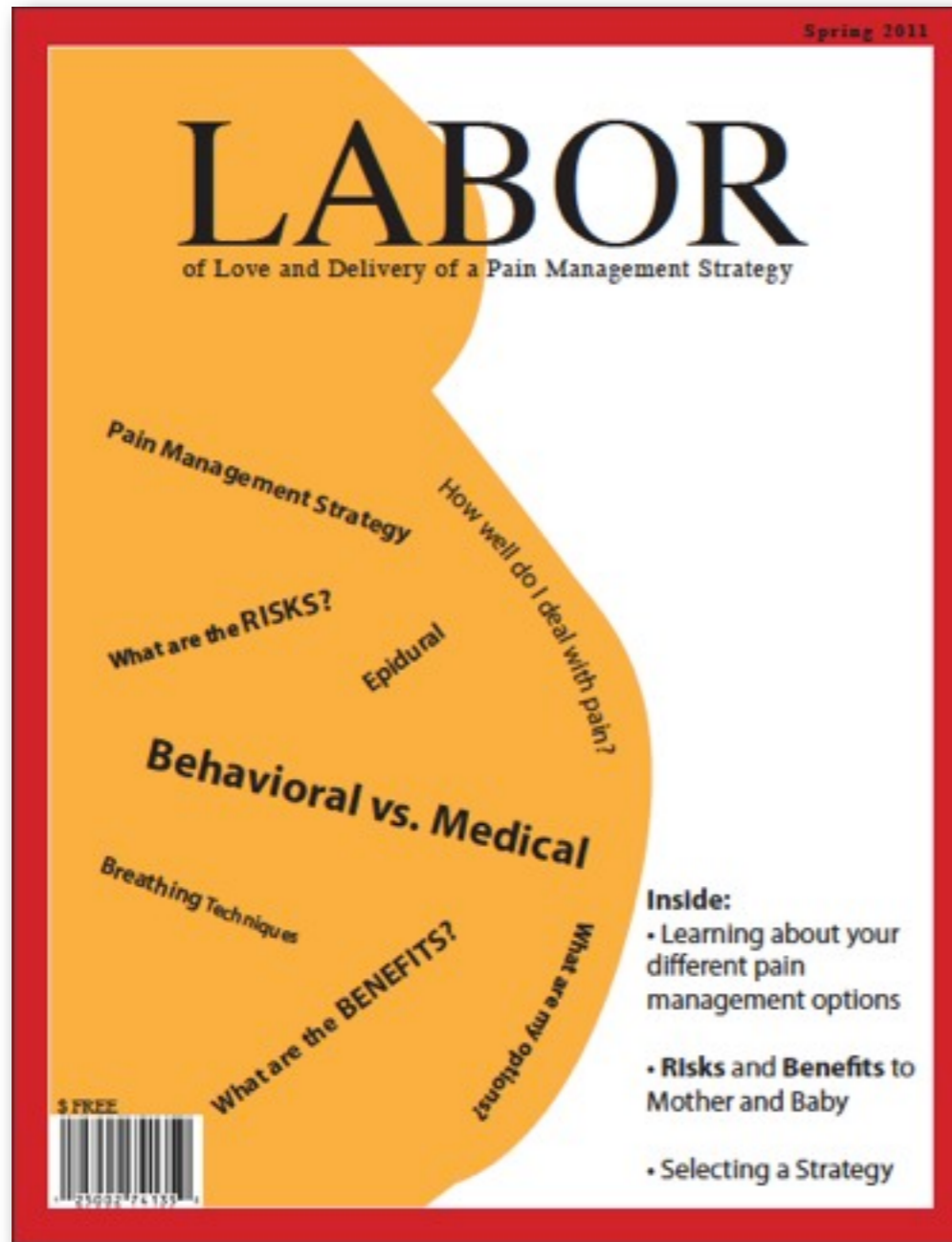
8. Assess performance

- Post test will be given to all learners
- Questions will be parallel to the test questions, so learners may make connections but still be challenged



Best Design Features

Module & Test Design



- Familiarity of a magazine
- Everything in one place

- Self guided
- Visuals

One on One

Participants	Environment	Insights Gained
Female, 26 (currently pregnant with first child)	<ul style="list-style-type: none">- Quiet and breezy- In a house- Test module was in beginning stages	<ul style="list-style-type: none">- Confusion with terminology- More clarification on objective 12
Female (an OB/GYN student)	<ul style="list-style-type: none">- In a hospital- Very basic test, no fluff- In office	<ul style="list-style-type: none">- Must inform learner that its ok to not know the answers in the pre test
Female, 37 (3 children)	<ul style="list-style-type: none">- At a tutoring center, a little noisy- In between tutoring different students- Completed module	<ul style="list-style-type: none">- Minor spacing of questions for better flow- Enjoyed the graphics- Felt like it was really long

Dyad

Participants	Environment	Insights Gained
Female, 25 (no children, not pregnant)	<ul style="list-style-type: none">- Comfortable home setting- Soft music in the background- No distractions	<ul style="list-style-type: none">- She was our exact target population and- Highly motivated- Gave realistic picture
Male, 34 (no children)	<ul style="list-style-type: none">- Comfortable home setting- Soft music in the background- No distractions	<ul style="list-style-type: none">- Very thorough with lots of feedback- Male perspective

Small Group

Procedures:

- Self-guided folders were assembled for each participant
 - The patient's physician was contacted and permission was obtained to invite the woman to participate
 - The pretest was distributed and each patient received a scripted explanation of the instructional module's purpose and procedure
 - After 10 - 15 minutes, the pretest was collected and the instructional module, post-test and post-survey were distributed. The participants were asked to keep track of how long each step took
 - After a few hours, the packets were collected and each participant was given goody-bags with newborn diapers, flowers, and candy.



Comments

“Is the module supposed to be bias?”

“Am I supposed to know all the entry level questions?”

“I don’t know how to use the triangulation chart.”

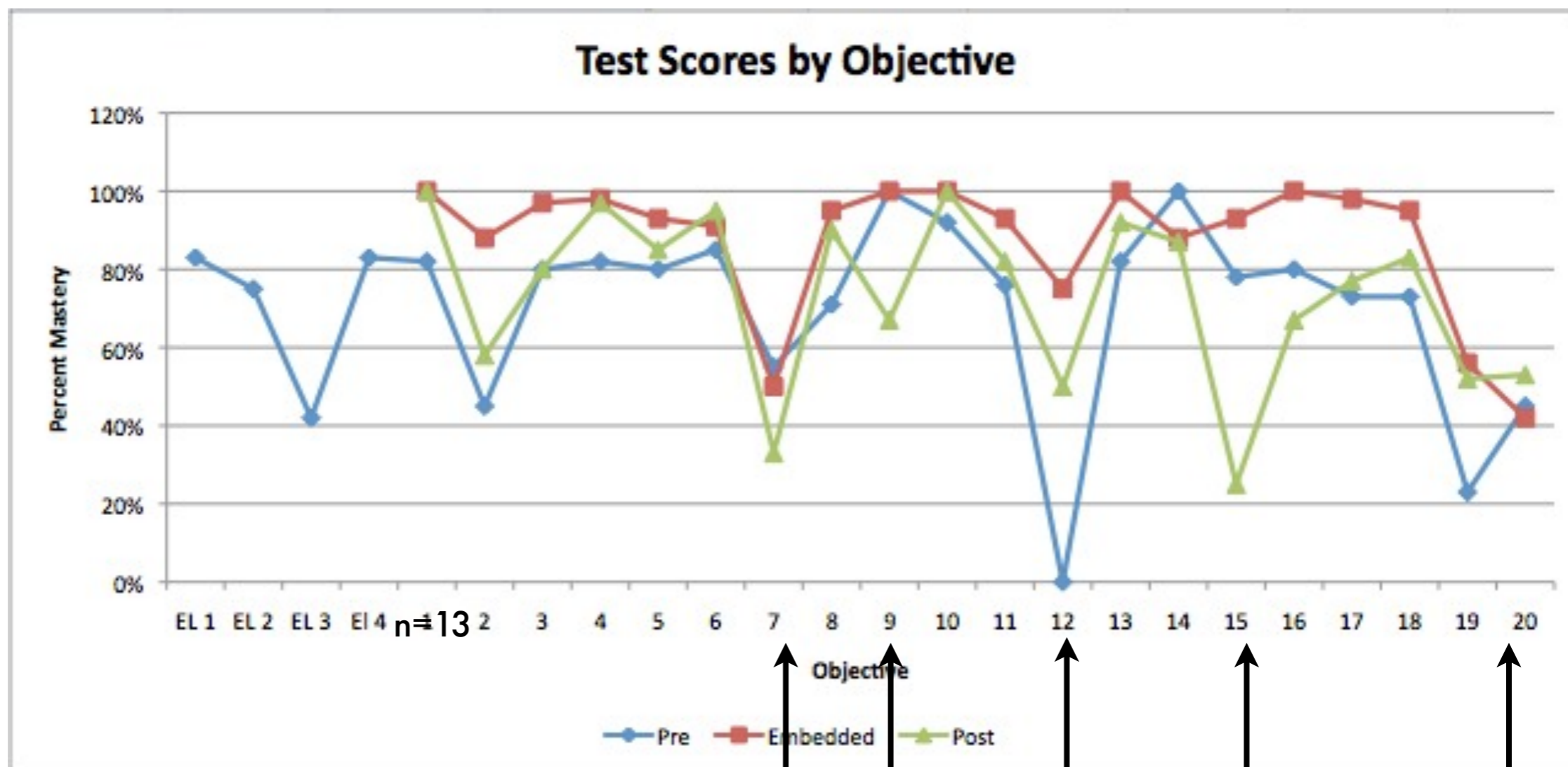
“The pictures are great!!”

Demographic Data

- Pre and post test demographics surveys
 - To measure if there was any change in their plans after the module
 - No changes
- All participants were either in a relationship or married and
- 3 of the 13 participants were males
- 1 of the 13 participants said they are taking a birthing class or plan on taking a birthing class.
- How do you plan to deal with the pain of the labor and delivery process?The vast majority most chose medical options.
- All the women were already in the hospital for medical intervention due to a pregnancy complication.



Test Data



Observations:

- 7, 19, 20 were writing questions
- 9 post test used a negative question
- 15 different type of question, scoring

7 9 *12 15 19, 20

Objective 12

- Identify personal gratification desires during labor
- Lowest percent of mastery for an objective
- Look to page 20 in the module

12. After reading this section and having a discussion, Tom and Elaine made the following selections:

A) It is very important to me that I control my reaction to pain without medicine.

Strongly Agree (SA) Agree (A) Neutral (N)
Disagree (D) Strongly Disagree (SD)

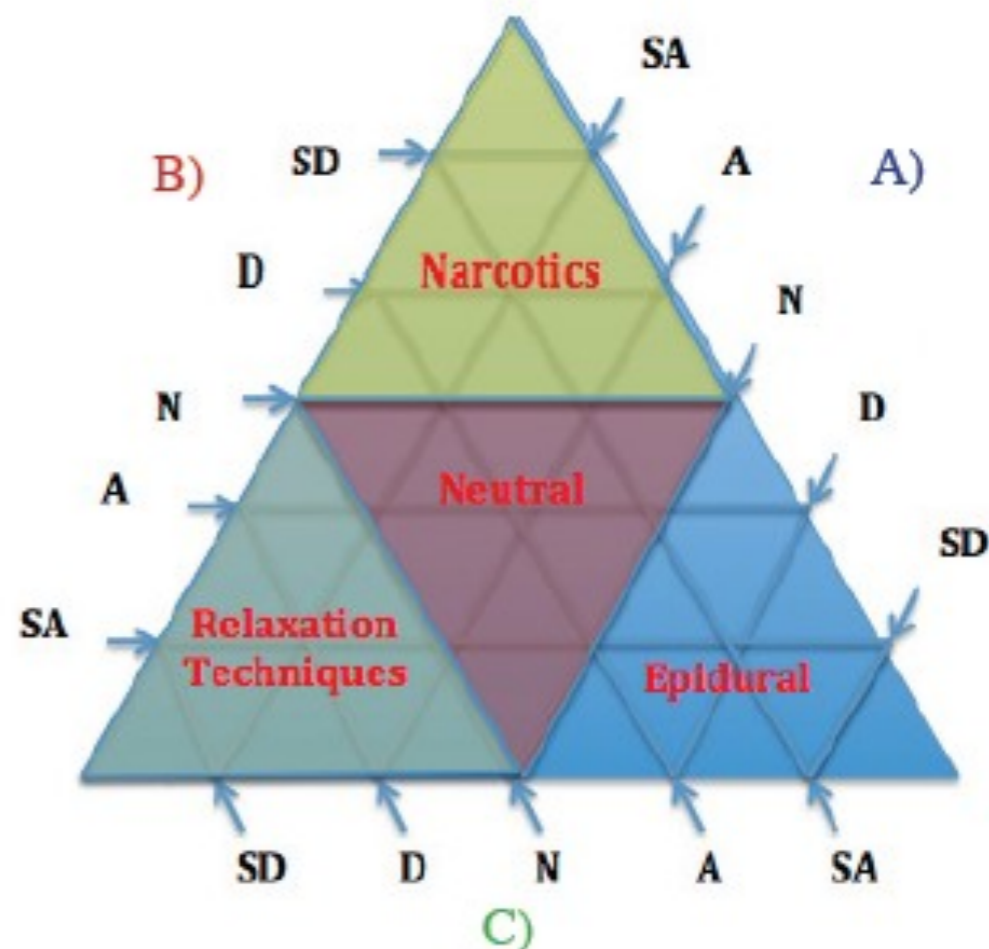
B) It is very important to me that my baby not have any exposure to drugs during labor.

Strongly Agree (SA) Agree (A) Neutral (N)
Disagree (D) Strongly Disagree (SD)

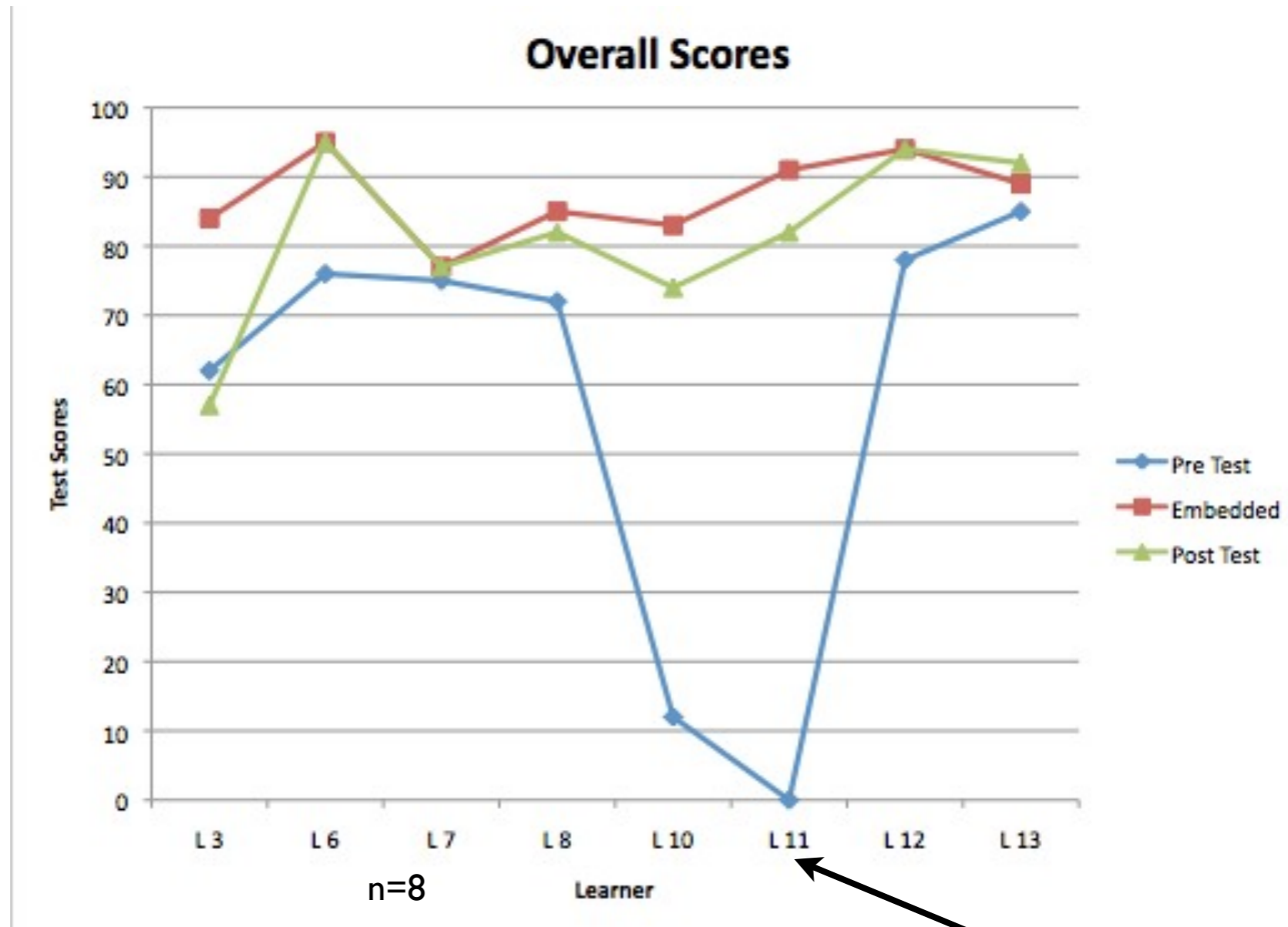
C) It is very important to me that I have as little pain as possible during labor

Strongly Agree (SA) Agree (A) Neutral (N)
Disagree (D) Strongly Disagree (SD)

Use the grid below and see which pain management strategy is best for them.



Test Data



Observations:

- Used only the participants that finished embedded test
- Embedded test scores are the highest
- Overall improvement from pre to post test
- Learner 12 & 13 part of Jenny's dyad

Did not complete the pre-test

Attitude Survey

Attitude Survey Questions (Likert Scale)	Strongly Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Strongly Agree
Was the instructional module clear and easy to understand?	0%	9%	0%	45%	45%
The amount of information taught was manageable.	0%	0%	18%	36%	45%
The questions were challenging and well written.	0%	0%	9%	45%	45%
The visuals were helpful in my learning.	0%	0%	9%	36%	55%
I gained new insights on painmanagement for labor and delivery.	0%	0%	18%	27%	55%
I found the module useful for preparing for the birthing process.	0%	0%	9%	36%	55%
I would recommend this module to other expectant couples.	0%	0%	0%	18%	82%
Attitude Survey Questions (Open-ended) Additional comments and/or suggestions.	It was fun. Thankyou folks for having us participate in this exercise! Mahalo's				

Lowest attitude

- 18% - Neutral about gaining new insights
- 18% Information taught was manageable

Highest attitude

- 82% - Strongly agree to recommend this module to other expectant couples
- 55% Visuals were helpful in my learning
- 55% Found it useful for preparing for the birthing process



• Content

- Provide more examples
- Flow of hierarchy
- Making sure test items are parallel
- Less writing, more fill in the blank questions
- No negative questions
- Entry level questions- complications?

• Process

- Provide a more comfortable environment
- Provide more learner guidance and directions for objective 12
- Have an actual small group in the same room to hear feedback and provide guidance

• Format

- Use more diverse and cultural names.
- Get the actual module bound like a magazine
- Emphasis is much needed in questions, bold or underlining important words

Anuhea's

- People do not like to write, minimal effort but maximum learning
- Our group complimented each other's strengths and weakness well
- Not be so focused on the overall look, think about the learner
- More revisions, have a digital and paper based and perhaps partner with a hospital or birthing class



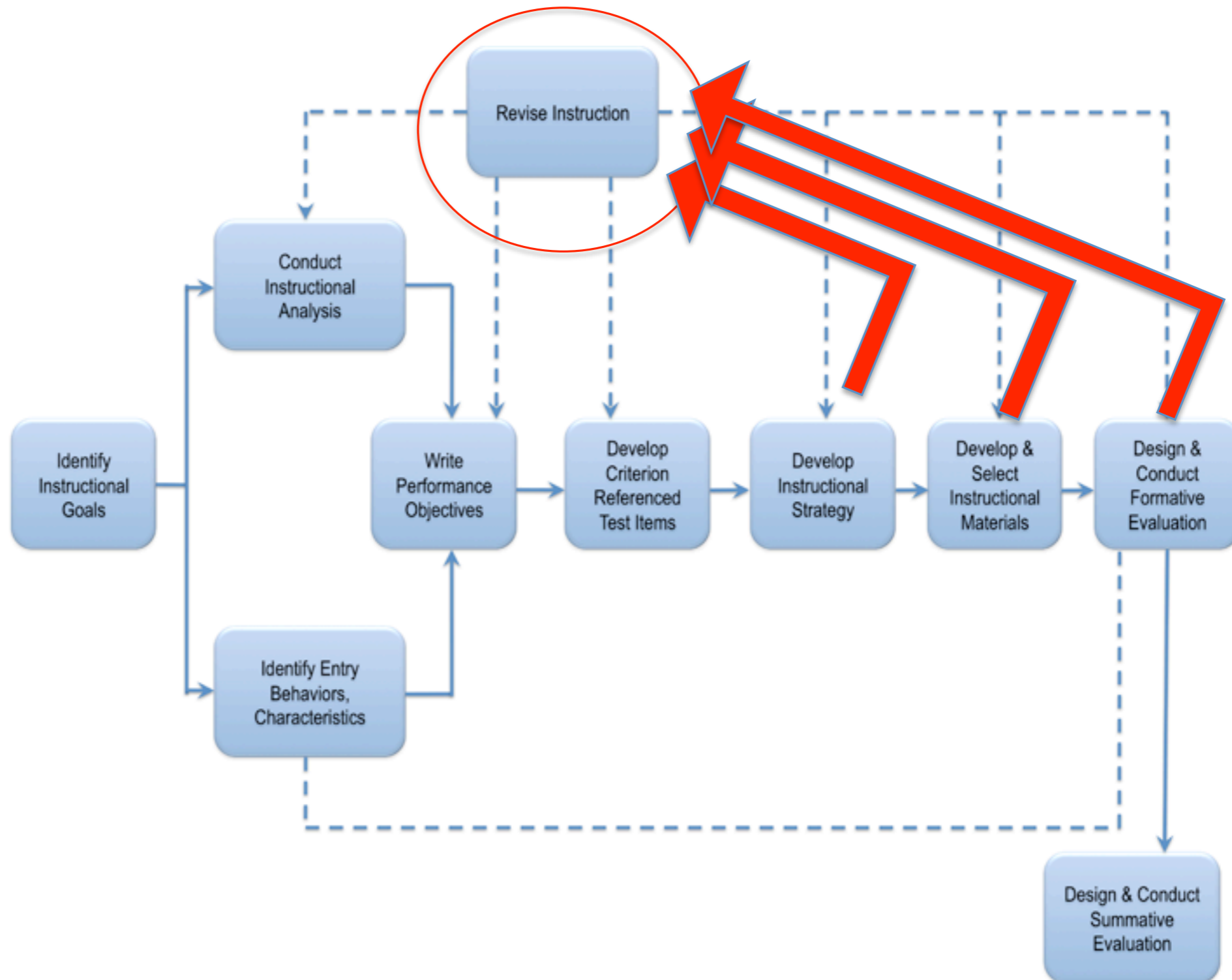
Jenny's

- The importance of the content analysis
- Its valuable to have a content expert on your team
- Difficult to get our target population
- Try to reach broader population



Tod's

- Instructional analysis is hard!
- Having the a great team makes all the difference!
- At least with adults, that Gange' stuff works



THANK YOU

Especially Dr. Fulford & Kellie

Questions?

Pain Management Strategy

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What are the RISKS?

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Behavioral vs. Medical

Breathing Techniques

What are the BENEFITS?

What are my options?