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Acupressure for pain relieving in labor

Acupressure is the application of pressure to acupuncture points. It originates in ancient traditional Chinese medicine, based on the concept of meridians or channels carrying Qi, or energy, throughout the body. In modern terms, the stimulation of these points has effects on blood flow to the uterus, cervical dilatation, movement of the baby, release of endorphins and the natural pain reliever. With acupressure, the woman has the sensation of aching and tingling and you will see the changes in her body as she feels less pain, more relaxed and her contractions feel less intense. It describes the basic principles of acupressure for pain relievers in labor and locates points accurately by description and demonstration. Encourage to teach these techniques to women and their birth partners, thereby promoting partner involvement and reduced need for pharmaceutical pain relief in labour. This study introduces Chinese medicine for childbirth, how acupressure can reduce the pain of labor from a Chinese medicine prospect and using acupressure for pain relieving in labor point location and clinical implication.



Biography

Loredana Zordan is an Acupuncturist and a Midwife. She is teaching nationally and internationally by conducting workshop for midwives on the use of acupressure for pregnancy and birth. Since the introduction of the workshop in Italy "Acupressure for pregnancy and birth" many hospitals are introducing acupressure to facilitate labor induction and pain relieve in labor. This allows midwives to expand their role, becoming more complete and independent practitioner, acupressure being drug free and therefore not having harmful teratogenic effect, provides a much safer and satisfying childbirth experience as well as facilitating a more natural and less medicalized childbirth.

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