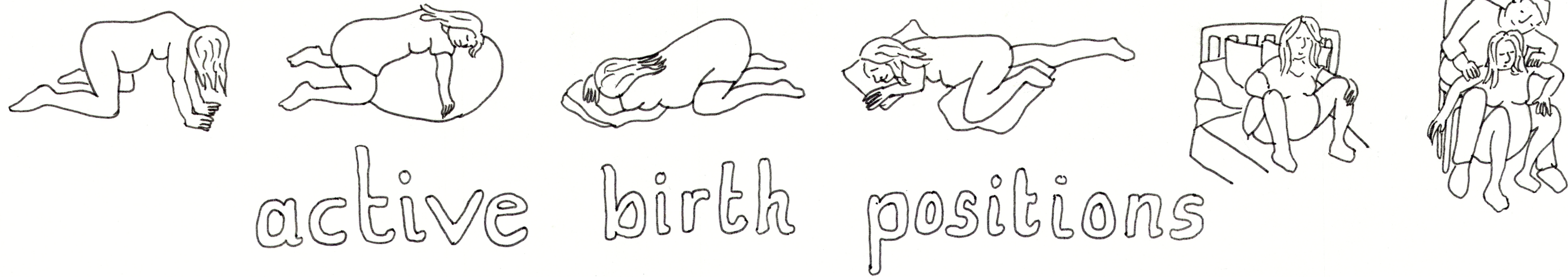
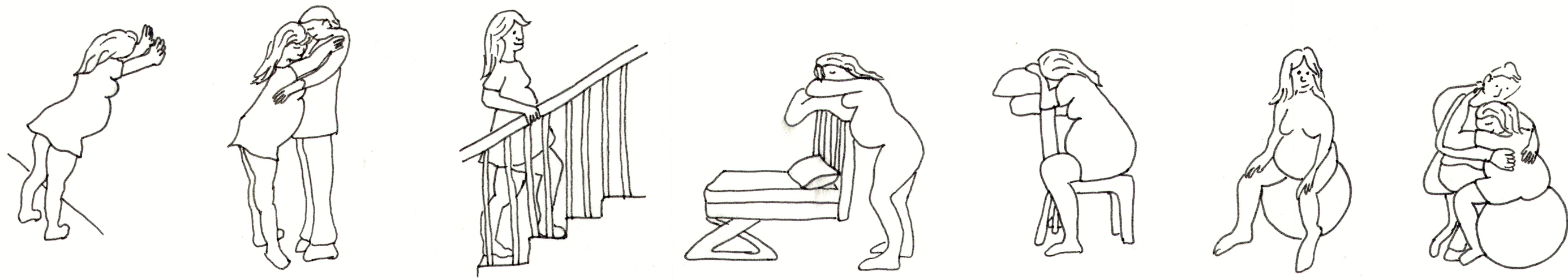
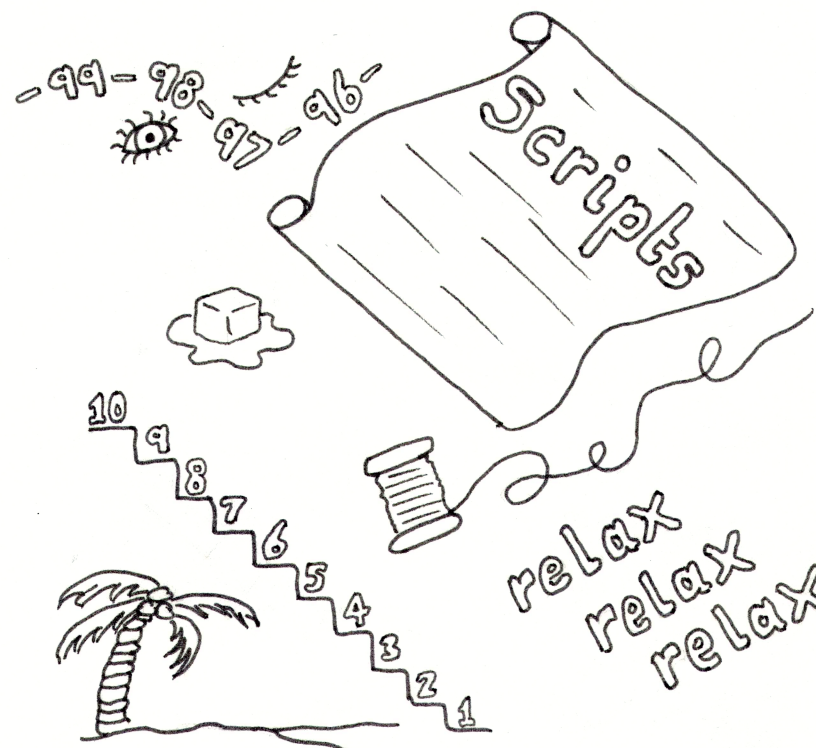


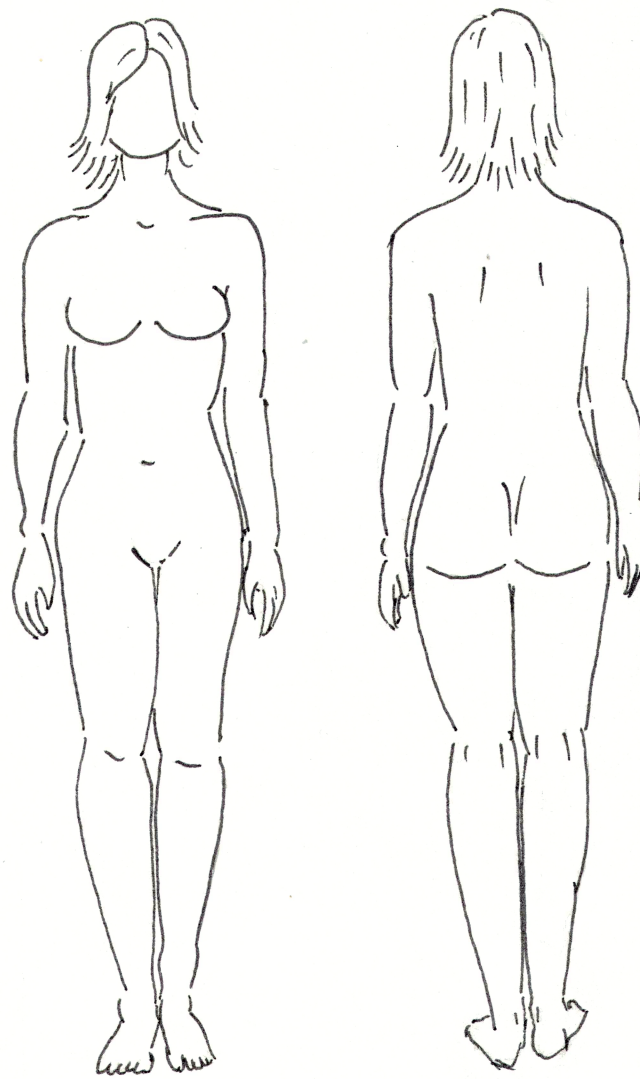
yes ✓



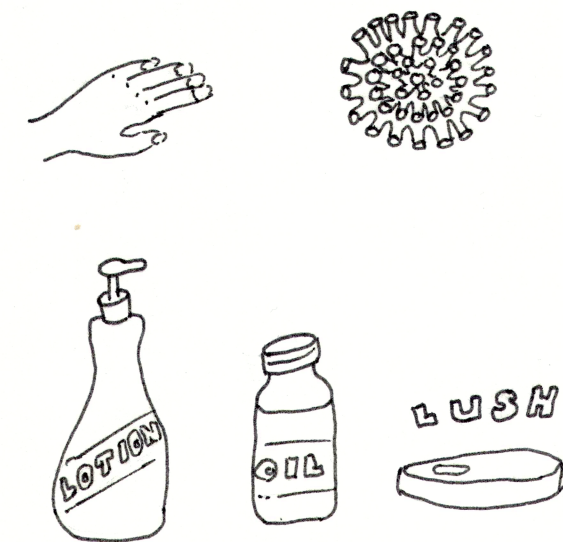
active birth positions



where?



Massage



Soft → Hard

Just stroke me!!

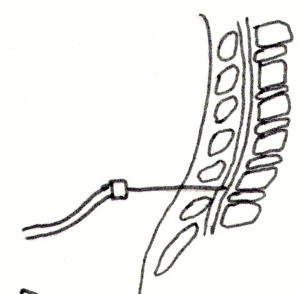


Rebozo

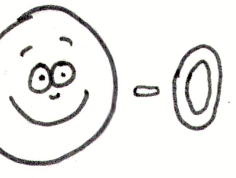
Diamorphine



Epidural

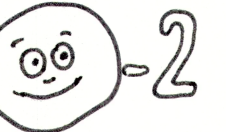


Feelings



none -1

Hot/Cold



Draft/ stuffy

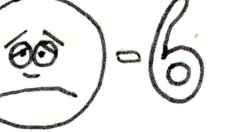
mild -3

Too...



Bright/ Dark

moderate -5



Thirsty

severe -7



-8

Hungry

agony -9



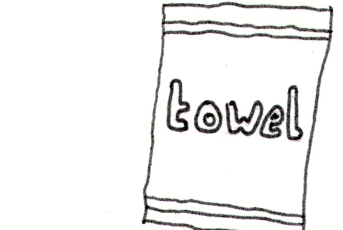
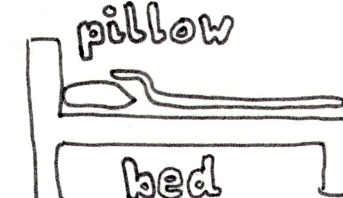
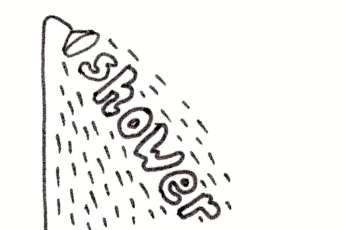
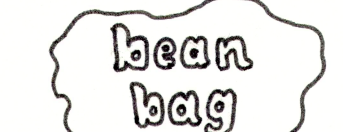
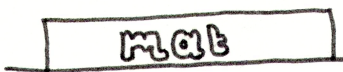
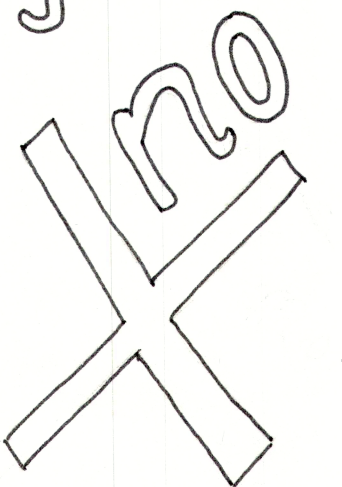
-10

Sick

Pain Scale!

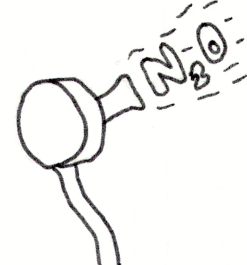
Sleepy

Toilet

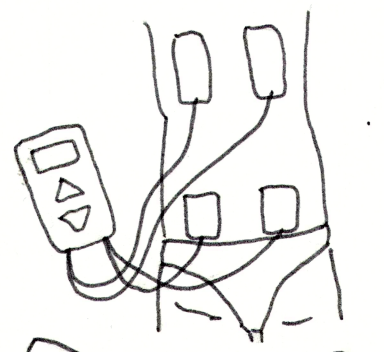


Paracetamol

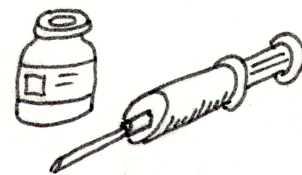
Gas + Air



TENS



Diamorphine



Epidural

