



# Use of TENS in Labor

March 19, 2018 – 7:00–9:30 pm



**A** novel way of relieving pain in childbirth involves the use of a TENS unit—transcutaneous electrical nerve stimulation—commonly used during labor by women in Great Britain, Canada and Sweden. In the US, TENS units have been used for years by physical therapists in their rehabilitation of injured patients. TENS can make a woman more comfortable in labor by using electrical stimulation to increase the release of the body's natural pain-relieving substances and by blocking the nerve pathways that cause labor pain. Obstetric TENS has been found to be an effective technique for pain control in over 80 percent of births, especially for back pain in labor, and has no known harmful effects to mother or baby. Learn to use TENS with your clients, how to explain its use, how to apply it, and when it is and is not recommended. Add this new tool to your birth bag for even more options for your clients.

## Details

### Who would want to attend

Doulas, childbirth educators, nurses, midwives and physicians will all benefit from attending. Certified birth doulas and those who have completed a basic birth doula workshop are all welcome.

### Continuing education

DONA International has awarded two (2) continuing education contact hours, which are applicable for birth doula recertification.

**Earn FREE contact hours with the purchase of a TENS unit!**

### Purchase a TENS Unit

Purchase an Obi TENS unit and three electrode packs for \$100. There are a limited number of units available, so register early!

### Registration investment

- \$100 for contact hours and a TENS unit
- \$35 attendance only, no contact hours or TENS unit

### Registration deadline

March 16, 2018

### Location

19006 Stony Point Drive,  
Strongsville, OH 44136

### Breastfeeding mothers

Non-mobile breastfeeding babies are welcome. Consideration of the learning experience of others is expected.

### Cancellation policy

Due to the nature of doula work, a transfer to a substitute registrant up to one (1) day in advance (by March 18) is acceptable without penalty. A \$5 materials fee will be retained for a cancellation or substitution the day of the workshop.

**Space is limited! And so are the number of available TENS units!**

## Workshop Objectives:

- ◆ Describe theories explaining the physiological mechanisms of pain relief with TENS
- ◆ Discuss research findings on pain relief, safety, and women's satisfaction with TENS during labor
- ◆ Demonstrate the proper application of TENS
- ◆ List the parts of a TENS unit
- ◆ Describe the physical sensations caused by TENS
- ◆ Discuss precautions and reasons for these precautions with the use of TENS
- ◆ Describe the requirements for DONA International certification in the use of TENS
- ◆ Discuss a step-by-step protocol for the implementation of TENS by the doula

**The Doula Experience Perinatal Services**

Sunday Tortelli  
 19006 Stony Point Drive  
 Strongsville, OH 44136

Phone: 440-572-2574  
 Web: www.doulaexperience.com  
 Email: SunTdoula@aol.com



**Sunday Tortelli, CCE, AdvCD/BDT(DONA), HBCE, LCCE, CLC, FACCE, CHT**

is a DONA advanced certified birth doula and DONA approved birth doula trainer. She is a certified childbirth educator with Birth Works International, the HypnoBirthing Institute and Lamaze International. Sunday is also an Evidence Based Birth instructor and a certified lactation counselor with the Academy of Lactation Policy and Practice. She is also a Fellow of the Academy of Certified Childbirth Educators. Sunday resides and practices in the Greater Cleveland, Ohio area.



**Use of TENS in Labor Registration Form**

	Fee
<input type="checkbox"/> Obi TENS Unit + 3 electrode packs + 2 continuing education contact hours	\$100.00
<input type="checkbox"/> Registration to attend only (no contact hours or TENS unit)	\$ 35.00
Total	_____

Full Name for Certificate \_\_\_\_\_

First Name for Name Badge \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_

Email Address \_\_\_\_\_

Phone \_\_\_\_\_

Occupation, vocation, certification, licensure \_\_\_\_\_

Yes/No — I am bringing a non-mobile breastfeeding baby in arms \_\_\_\_\_

**Method of Payment**

- Check or Money Order
- Pay Pal (credit card) with a small transaction fee

Make check or money order payable to: Sunday Tortelli

Mail to: 19006 Stony Point Drive, Strongsville, OH 44136

Pay Pal payments at: www.doulaexperience.com