



# Use of TENS in Labor

May 1, 2017 – 10:00 am-12:30 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.

### 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.

### Purchase a TENS Unit

Pre-order an Obi TENS unit and five electrode packs for \$110. Place your pre-order no later than *April 24, 2017*. There are a limited number of units available.

### Registration investment

\$50 early registration\*  
\$60 late registration

### Early registration deadline

Discounted early registration is due *April 15, 2017*.\*

### Cancellation policy

Refund requests in writing must be received no less than ten (10) days in advance and incur a \$10 processing fee. A transfer to another registrant up to three (3) days in advance is acceptable without penalty. A last-minute substitute incurs a \$10 processing fee.

## 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

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### Sunday Tortelli, CCE, AdvCD/BDT(DONA), HBCE,

**LCCE, CLC, FACCE** 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"/> Early Registration (due by 4/02/16)	\$ 50.00
<input type="checkbox"/> Late Registration (rec'd after 4/02/16)	\$ 60.00
<input type="checkbox"/> Obi TENS Unit + 5 electrode packs (order by 4/24/17)	\$110.00
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 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](http://www.doulaexperience.com)