



Use of TENS in Labor

November 9, 2017 – 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.

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 \$100. Place your pre-order no later than *November 1, 2017*. There are a limited number of units available.

Registration investment

\$25 early registration*
\$35 late registration

Early registration deadline

Discounted early registration is due *October 19, 2017*.*

Cancellation policy

Refund requests in writing must be received no less than five (5) days in advance and incur a \$5 processing fee. A transfer to another registrant up to two (2) days in advance is acceptable without penalty. A last-minute substitute incurs a \$5 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

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"/> Early Registration (due by 10/19/17)	\$ 25.00
<input type="checkbox"/> Late Registration (rec'd after 10/19/17)	\$ 35.00
<input type="checkbox"/> Obi TENS Unit + 5 electrode packs (order by 11/01/17)	\$100.00
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