Childbirth-Related Fatigue During Labor: An Important But Overlooked Symptom

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ABSTRACT: Fatigue is not only a distressful symptom that is prevalent during labor; it may also interfere with the ability of laboring women to adjust to pain and bear down in the second labor stage as well as hinder maternal recovery and impair postpartum maternal-role performance. Childbirth-related fatigue is a frequent cause of physical and mental discomfort during labor and increases the likelihood of medical interventions such as instrumental delivery and cesarean section. Even so, as this fatigue is widely regarded as an inevitable part of the labor experience, little attention has been given to meditative interventions. In light of the above, this paper illustrates the definition and characteristics of childbirth-related fatigue during labor, analyzes the factors that affect this fatigue, and summarizes relevant nursing-care principles. It is hoped this paper increases nurse awareness of childbirth-related fatigue during labor and helps nurses take appropriate early prevention and intervention measures to reduce the adverse effects of fatigue and improve intrapartum care quality.

Key Words: labor, fatigue, symptom, assessment, intervention.

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