

Using the TENS in labor

A DONA International-Approved Course

Advanced Doula Training Course

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Course Objectives

- ▶ At the end of the session, the learner will be able to:
 1. Describe theories explaining the physiological mechanisms of pain relief with TENS
 2. Discuss research findings on pain relief, safety and birthing people's satisfaction with TENS during labor
 3. Describe the precautions and contraindications when using TENS during labor
 4. List the parts of the TENS unit
 5. Demonstrate proper application of the TENS' stimulating pads on the body
 6. Describe the physical sensations caused by TENS
 7. Describe the requirements outlined by DONA International for doulas to use TENS with their clients
 8. Describe the DONA International doula's scope of practice when using TENS with their clients
 9. Discuss a step-by-step protocol for implementation of TENS by the doula

Course Outline

1. What is TENS?
2. Mechanisms of pain relief with TENS
3. Research on using the TENS in labor
4. Precautions and contraindications
5. The parts of the TENS unit
6. Where to apply the stimulating pads
7. How to introduce, explain and demonstrate TENS to a client
8. The doula's scope of practice regarding the use of TENS in labor
9. DONA International requirements for the use of TENS in labor
10. Post workshop quiz and course evaluation