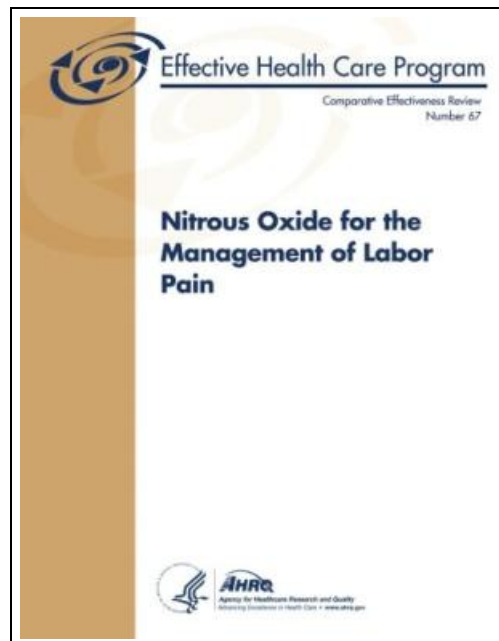


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 370 pages. Dimensions: 11.0in. x 8.5in. x 0.8in. More than 4 million births occur in the U. S. each year; in 2008, there were 4, 247, 694 births. The most commonly used labor pain management method in the U. S. is epidural analgesia. Use of inhaled nitrous oxide is a common option for labor pain management in several countries outside the U. S. , including the United Kingdom, Finland, Sweden, Canada, Australia, and New Zealand. A significant barrier to use in the U. S. is limited availability of equipment to blend and deliver a mixture of nitrous oxide and oxygen for self-administration by laboring women. Nitrous oxide, sometimes called laughing gas because it can produce euphoria, is an inhalational anesthetic and analgesic gas. Nitrous oxide has been used in dental care since the mid-1800s and is commonly used for this indication today. Use of nitrous oxide during labor began in the late 1800s, and equipment for self-administration was introduced by Minnitt in England in 1934. The mechanism of action of nitrous oxide is thought to be an increased release of endorphin, dopamine, and other natural pain relievers in the brain, which modulate pain stimuli via descending spinal cord nerve pathways. Nitrous oxide does not completely relieve the pain of labor but creates diminished pain, or a continued awareness of pain without feeling bothered by it. Nitrous oxide also has an antianxiety effect, which may be helpful if laboring women are restless and doubt their ability to cope, emotions that are not uncommon, especially during transition. A variety of pain management methods were described in studies in this review. Epidural analgesia is the most commonly used method in the U. S. and may block pain entirely. Although nitrous oxide...

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