

# WEIS M-O-M-S Class #6

## Agenda:

- Briefly summarize and discuss content from last session.

## CLASS CONTENT

- Fear of Helplessness in Labor
  - Loss of control over one's body
  - Loss of control over emotions
  - Lack of trust – need for control at all times
  - Fear of medical decisions without knowledge
  - Trust for the medical staff
  - Fear of lack of support from spouse/partner over labor decisions
  - Medication concerns
    - Refusal to accept medication
    - Seen as 'giving-in' or being 'chicken'
    - Fear of loss of control from medication
    - Afraid of effect on baby
    - Want to be 'knocked out'
  - Important that expectations are realistic
- Questions/concerns?

**Karen L. Weis, PhD, RNC-OB, FAAN**

Brigadier General Lillian Dunlap Endowed Chair

Ila Faye Miller School of Nursing & Health Professions

**University of the Incarnate Word**

4301 Broadway, CPO #300

San Antonio, TX 78209

210-829-3987

[weis@uiwtx.edu](mailto:weis@uiwtx.edu)