

音乐与自由体位在产程中的应用

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The application of combining music with free body position at the first stage of labor

在孕 28 周，胎位正常、无禁忌症的孕妇进行分娩镇痛训练和日常能从容的去分娩。并在分娩的第一程，根据医生的常操作，通过音乐与自由体位进行分娩。

At 28 weeks gestation, helping those expectant mothers whose babies are in correct positions and have no contraindication to practice music for labor analgesia training and daily training, in order to enable them to cope with labor and have delivery calmly. At first stage of labor, to make "music for labor analgesia" intervention through combining music with free body position based on the parturient progress while following medical personnel's normal operation at stages of labor.

在第一程的整个过程中配合音乐肌肉放松、冥想、催眠、曼舞、按摩、音乐律动符合分娩的呼吸法直接作用于大脑中相应的抑制痛神经中枢分泌内啡形成愉悦的感受地整个产程的情和精神状态都消除躁不安

的紧张、害怕疼痛等情绪，使呼吸、血脉搏保持乎的注意力就会由疼痛移到音乐的各方面从而分散疼痛的注意，能有效降低分娩的疼痛。一方面得到心理的愉悦起内心一种喜悦的感受使体内产生量的内啡而放松神经抑制儿茶酚胺的分泌，体内内源性催素的分泌，有效地短程使分娩更顺利。在没有丈夫和家人陪伴的时候音乐镇痛分娩更能予高度的精神支持和心理使分娩的得更加美好。更重要的是疼痛分娩能降低因分娩困难造成胎儿胎心不好、心理性”几种因素引起的剖宫率升高。

During the first parturient intervention, applying breathing techniques while doing things along music, such as relaxing body muscles, having meditation, being hypnotized, dancing, having massages, in order to stimulate expectant mothers' relevant nervous system, suppress pain-sensing neural center, secrete endorphin to help them regulate their mood. Through alleviating maternal upset and anxiety, eliminating maternal fear and negative mood, expectant mothers can have more relaxed bodies, calm pulses, and steady breaths. In this way, expectant mothers' attentions can be diverted from the pain of uterine contraction (UC) to the music experience, and then ultimately attain the aim of relieving labor pain. On the other hand, pregnant ladies can get more psychological fulfillment, generate more endorphin, relax nervous system, and suppress the generation of catecholamine, in order to shorten the

