

<https://doi.org/10.48047/AFJBS.6.14.2024.12485-12493>



African Journal of Biological Sciences

Journal homepage: <http://www.afjbs.com>



Research Paper

Open Access

Enhancing Labor Comfort: Applying Wiedenbach's Helping Art of Clinical Nursing Theory to Birthing Ball Use

Thenesha.k^{1*}, Dr.Vasantha.S²

^{1*}Ph.D Scholar, Bharath Institute of Higher Education and Research, Selaiyur, Chennai and Associate professor, Faculty of Nursing, Dr. M.G.R Educational and Research Institute, Velappanchavadi, Chennai-77

²Research Supervisor cum Principal, Bharath College of Nursing, Bharath Institute of Higher Education and Research, Selaiyur, Chennai **Corresponding author:** ^{1*}Thenesha.k
Email id: thenesha.vino@gmail.com

Volume 6, Issue 14, Sep 2024

Received: 15 July 2024

Accepted: 25 Aug 2024

Published: 05 Sep 2024

[doi: 10.48047/AFJBS.6.14.2024.12485-12493](https://doi.org/10.48047/AFJBS.6.14.2024.12485-12493)

Abstract

The use of birthing balls during labor has become an increasingly popular non-pharmacological method to support women through childbirth. This review explores the application of Wiedenbach's Helping Art of Clinical Nursing Theory to the use of birthing balls, emphasizing the theoretical underpinnings and practical implications for enhancing labor experiences. Wiedenbach's theory focuses on three main components: identifying the need for help, providing the necessary assistance, and validating the effectiveness of interventions.

Applying this framework to birthing ball use involves assessing the laboring woman's physical comfort and emotional state, educating her about the benefits and techniques of using a birthing ball, and creating a supportive environment for its use. The expected outcomes include improved physical comfort, reduced pain perception, increased sense of control, and potentially shorter labor. Regular evaluation and feedback are crucial for validating the effectiveness of the intervention.

The review highlights the importance of training and education for nurses, emphasizing individualized, patient-centered care, and fostering a collaborative approach within the healthcare team. By integrating Wiedenbach's theory into clinical practice, nurses can effectively support laboring women, promoting comfort and contributing to a positive childbirth experience. Further research and continued education are essential to refine best practices and fully integrate birthing ball use into holistic labor care.

Key words: Wiedenbach's Helping Art of Clinical Nursing Theory, Labor, Patient-centered care.

Introduction

The use of birthing balls during labor has gained popularity as a non-pharmacological method to support women during childbirth. This practice aligns with Wiedenbach's Helping Art of Clinical Nursing Theory, which emphasizes individualized care and the nurse's role in supporting the patient's needs through skilled, compassionate actions. This review explores the application of Wiedenbach's theory to the use of birthing balls, highlighting the theoretical underpinnings and practical implications for enhancing labor experiences.

Wiedenbach's Helping Art of Clinical Nursing Theory Overview

Wiedenbach's theory is centered around three main components:

1. **Identification of Need for Help:** Recognizing the patient's need for assistance.

2. **Ministration of Help Needed:** Providing the necessary help through skilled, compassionate actions.
3. **Validation:** Confirming that the help provided meets the patient's needs and contributes to their well-being.

This theory emphasizes the nurse's role in recognizing individual patient needs, providing tailored interventions, and validating the effectiveness of these interventions.

Application to Birthing Ball Use

Identification of Need for Help

- **Assessment:** Nurses assess the laboring woman's physical comfort, emotional state, and preferences for pain management. This involves understanding her previous experiences, current pain levels, and openness to non-pharmacological interventions.
- **Expected Outcome:** Identify women who may benefit from the use of a birthing ball to enhance comfort and support during labor.

Ministration of Help Needed

- **Intervention:**
 - **Education:** Educate the laboring woman about the benefits and uses of the birthing ball, including positions that can help alleviate pain and promote labor progress.
 - **Support:** Provide hands-on support to help the woman use the birthing ball effectively, demonstrating various positions (e.g., sitting and rocking, leaning forward, or circular hip movements).
 - **Environment:** Create a supportive and safe environment for the woman to use the birthing ball, ensuring she feels secure and comfortable.
- **Benefits of Birthing Ball:**
 - **Physical Comfort:** Helps reduce lower back pain and pelvic pressure by promoting optimal fetal positioning and encouraging natural movements.
 - **Psychological Comfort:** Provides a sense of control and active participation in the labor process, which can reduce anxiety and fear.

- **Labor Progress:** Enhances uterine contractions and facilitates the descent of the baby through the birth canal, potentially shortening labor duration.
- **Expected Outcome:** Improved physical comfort, reduced pain perception, increased sense of control, and potentially shorter labor.

Validation

- **Evaluation:** Regularly assess the woman's comfort levels, pain, and overall satisfaction with the birthing ball use. This can be done through direct questioning, observation, and standardized pain and comfort scales.
- **Feedback:** Encourage the woman to provide feedback on her experience with the birthing ball, allowing for adjustments and continued support as needed.
- **Documentation:** Document the woman's response to the birthing ball intervention, including any changes in pain levels, labor progression, and overall satisfaction.
- **Expected Outcome:** Validation of the birthing ball's effectiveness in meeting the laboring woman's needs, contributing to a positive birth experience.

Practical Implications for Nursing Practice

1. **Training and Education:** Nurses should receive training on the use of birthing balls, including techniques for supporting laboring women and educating them about this tool.
2. **Patient-Centered Care:** Emphasize the importance of individualized care, ensuring that the use of birthing balls is tailored to each woman's unique needs and preferences.
3. **Collaborative Approach:** Work collaboratively with the healthcare team to integrate the use of birthing balls into standard labor care practices, ensuring consistent support and resources are available.
4. **Research and Evidence-Based Practice:** Encourage ongoing research to further validate the benefits of birthing ball use and refine best practices for its implementation in clinical settings.

Application in Nursing Research

Identification of Need for Help

- **Research Design:** Involve thorough assessment and identification of specific patient needs through qualitative and quantitative methods. This can include patient interviews, surveys, and clinical observations.
- **Expected Outcome:** Development of targeted interventions that address identified needs, leading to more effective and personalized care.

Ministration of Help Needed

- **Intervention Development:** Design interventions based on the identified needs, incorporating evidence-based practices and patient preferences.
- **Implementation:** Pilot and refine interventions in clinical settings, ensuring they are feasible and acceptable to both patients and healthcare providers.
- **Expected Outcome:** Improved patient outcomes, including enhanced comfort, reduced symptoms, and increased satisfaction with care.

Validation

- **Evaluation:** Use robust evaluation methods to assess the effectiveness of interventions. This can include pre- and post-intervention assessments, control groups, and long-term follow-up.
- **Feedback Mechanisms:** Incorporate patient and provider feedback to continuously improve interventions.
- **Expected Outcome:** Confirmation of the intervention's effectiveness, leading to wider adoption and implementation in clinical practice.

Practical Implications for Nursing Research

1. **Theoretical Grounding:** Ensures that research studies are based on a solid theoretical foundation, enhancing the rigor and relevance of the research.
2. **Patient-Centered Care:** Promotes the development of interventions that are tailored to individual patient needs, improving patient satisfaction and outcomes.
3. **Holistic Approach:** Encourages a comprehensive view of patient care, considering physical, emotional, and social aspects of health.
4. **Interdisciplinary Collaboration:** Fosters collaboration among healthcare professionals, ensuring that interventions are well-rounded and multidisciplinary.

Bridging Research and Clinical Care: Applying Evidence-Based Methods with Birthing Ball Use

1. Interdisciplinary Collaboration

- Encourage collaboration among researchers, clinicians, and other healthcare professionals to ensure that birthing ball interventions are practical and relevant to clinical practice.
- Foster a team-based approach to implementing EBP, leveraging the expertise of different disciplines.

2. Leadership and Organizational Support

- Cultivate strong leadership that prioritizes and supports EBP within the organization.
- Allocate resources for training, education, and the implementation of evidence-based birthing ball interventions.

3. Continuous Professional Development

- Promote lifelong learning and professional development opportunities focused on EBP and birthing ball techniques.
- Encourage participation in workshops, seminars, and courses that enhance knowledge and skills in evidence-based methods.

4. Use of Technology

- Leverage technology, such as electronic health records (EHRs) and clinical decision support systems (CDSS), to facilitate the integration of evidence into clinical practice.
- Utilize online databases and resources to access the latest research and guidelines on birthing ball use.

Current Challenges

1. Limited Awareness and Understanding

- **Educational Gaps:** Many nursing programs do not adequately cover Wiedenbach's theory, leading to limited awareness among nurses.
- **Complexity of Theory:** The abstract nature of the theory can make it difficult for practitioners to understand and apply it in clinical settings.

2. Operationalization in Diverse Clinical Settings

- **Contextual Variability:** Applying the theory across different clinical settings can be challenging due to varying patient needs and healthcare environments.
 - **Standardization Issues:** Developing standardized protocols based on the theory that can be universally applied is difficult.
3. **Empirical Evidence**
- **Limited Research:** There is a need for more empirical studies demonstrating the practical benefits of Wiedenbach's theory in improving patient outcomes.
 - **Measurement Tools:** The lack of validated tools to measure the outcomes of interventions based on Wiedenbach's theory hampers research efforts.

Future Visions

1. **Enhancing Education and Training**
- **Curriculum Development:** Incorporate comprehensive education on Wiedenbach's theory into nursing curricula to ensure that future nurses understand its principles and applications.
 - **Continuing Education:** Offer workshops, seminars, and online courses focused on Wiedenbach's theory for practicing nurses.
2. **Fostering Interdisciplinary Collaboration**
- **Collaborative Research:** Encourage interdisciplinary research teams to explore the application of Wiedenbach's theory in various clinical settings.
 - **Professional Networks:** Establish professional networks and communities of practice to share knowledge and best practices related to the theory.
3. **Leveraging Technological Advancements**
- **Simulation and Training Tools:** Use simulation technologies to train nurses in applying Wiedenbach's theory in controlled environments.
 - **Data Analytics:** Employ data analytics to evaluate the effectiveness of interventions based on Wiedenbach's theory and generate empirical evidence.
4. **Developing Standardized Protocols**
- **Guideline Development:** Create evidence-based guidelines and protocols for applying Wiedenbach's theory in different clinical settings.
 - **Customization and Flexibility:** Develop adaptable protocols that can be customized to meet the specific needs of various patient populations and healthcare environments.

5. Promoting Research and Evidence Generation

- **Funded Research Initiatives:** Advocate for increased funding for research focused on Wiedenbach's theory and its practical applications.
- **Outcome Measurement:** Develop and validate measurement tools to assess the impact of interventions based on Wiedenbach's theory.

Conclusion

Wiedenbach's Helping Art of Clinical Nursing Theory provides a valuable framework for understanding and enhancing the use of birthing balls during labor. By focusing on the identification of needs, tailored interventions, and validation of outcomes, nurses can effectively support laboring women, promoting comfort, reducing pain, and contributing to a positive childbirth experience. Future research and continued education are essential to further integrate this practice into holistic, patient-centered labor care.

Conflict: The authors report no conflicts of interest in this work.

Funding source: No funding source throughout all stages of the project.

Acknowledgement: None.

References

1. Wiedenbach, E. (1964). *Clinical Nursing: A Helping Art*. Springer Publishing Company.
2. Simkin, P., & Ancheta, R. (2017). *The Labor Progress Handbook: Early Interventions to Prevent and Treat Dystocia*. Wiley-Blackwell.
3. Benfield, R. D., Hortobágyi, T., & Tanner, C. J. (2010). The effects of hydrotherapy on anxiety, pain, neuroendocrine responses, and contraction dynamics during labor. *Biological Research for Nursing*, 12(1), 68-76.
4. Gau, M. L., Chang, C. Y., Tian, S. H., & Lin, K. C. (2011). Effects of birth ball exercise on pain and self-efficacy during childbirth: A randomized controlled trial in Taiwan. *Midwifery*, 27(6), e293-e300.
5. Wiedenbach, E., & Botnour, M. (1962). *The Helping Art of Clinical Nursing: Theory and Practice*. *Nursing Research*, 11(2), 90-97.
6. Alligood, M. R. (2017). *Nursing Theorists and Their Work*. Elsevier Health Sciences.

7. McEwen, M., & Wills, E. M. (2019). *Theoretical Basis for Nursing*. Lippincott Williams & Wilkins.
8. Sitzman, K., & Eichelberger, L. W. (2017). *Understanding the Work of Nurse Theorists: A Creative Beginning*. Jones & Bartlett Learning.
9. George, J. B. (2011). *Nursing Theories: The Base for Professional Nursing Practice*. Pearson.
10. Chinn, P. L., & Kramer, M. K. (2018). *Integrated Theory and Knowledge Development in Nursing*. Elsevier.
11. Parker, M. E., & Smith, M. C. (2015). *Nursing Theories and Nursing Practice*. F.A. Davis Company.
12. Fitzpatrick, J. J., & Wallace, M. (2006). *Encyclopedia of Nursing Research*. Springer Publishing Company.
13. Meleis, A. I. (2011). *Theoretical Nursing: Development and Progress*. Lippincott Williams & Wilkins.