

Using TENS in labour

Spemby Medical carried out a survey of over 10,000 women who used TENS in labour. The results make interesting reading.

Summary of data

Question	Reply	No. of replies	%	Total no. of replies	Question	Reply	No. of replies	%	Total no. of replies	
Was this your...	1st child?	6,733	73	9,239	Did you use any other form of pain relief?	TENS alone	1,432	14	10,077	
	2nd child?	2,071	22			+ entonox alone	3,200	32		
	3rd child?	382	4			+ pethidine alone	813	8		
	4th child?	53	1			+ epidural alone	1,128	11		
Were you instructed in the use of TENS? (apart from the rental plan user guide)	Yes	5,935	59	10,076	+ entonox and pethidine	1,801	18			
	No	4,141	41		+ entonox and epidural	692	7			
					+ pethidine and epidural	301	3			
					+ entonox, pethidine and epidural	701	7			
Were you confident in the use of TENS prior to labour?	Yes	9,132	91	10,068	How would you rate the effectiveness of the Pulsar?	Poor	648	6	10,077	
	No	936	9			OK	2,307	23		
When did you start using the Pulsar in labour?	Straight away	3,922	39	10,072	Good	4,721	47			
	After 1hr	2,424	24		Excellent	2,401	24			
	After 2hr	1,687	16							
	After more than 2hr	2,039	20							
How long did you use Pulsar for?	Less than 6hr	4,038	40	10,072	Would you use it again?	Yes	9,160	91	10,077	
	Between 6-12hr	3,696	37		No	917	9			
	Between 12-20hr	1,613	16							
	Greater than 20hr	725	7							
Did you use Pulsar all the way through labour?	Yes	4,840	48	10,052	<h2>Main Findings</h2> <p>Of the 10,077 women who used Pulsar TENS for the management of pain during labour, 9,160 (91%) reported that they would use Pulsar TENS again. Excellent relief from pain was reported to be achieved by 2,401 out of 10,077 patients (24%), with 7,122 (71%) reporting good or better, and poor relief reported by 648 (6%). Some 1,432 (14%) patients used Pulsar TENS alone during labour and 8,645 (86%) patients required (used) additional analgesics including entonox, pethidine and epidurals. Prior to using Pulsar TENS, 9,132 out of 10,068 (91%) of women were confident about the outcome of analgesia from their TENS unit, although 4,141 out of the 10,076 (41%) patients reported unsuitable prior instruction on the use of TENS. ■</p>					
	No	5,212	52							
How long did your labour last?	Less than 6hr	2,137	21	10,072						
	Between 6-12hr	3,591	36							
	Between 12-20hr	2,556	25							
	Greater than 20hr	1,788	18							
Did you have back ache/pain?	Yes	6,276	62	10,075						
	No	3,799	38							

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Analysis prepared by Dr Mark Johnson of Leeds Metropolitan University.*