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The Peanut Ball: A Useful Tool for Labor & Delivery Support

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The peanut ball is an innovative, non-pharmacologic labor support tool useful during first and second stages of labor. Preliminary findings demonstrate reduction of labor length. Additionally it is especially valuable for use after inductions and epidurals when women are confined to bed. Recent studies have demonstrated reduced C-section rates. The research evidence will be presented.

Various positions are possible during labor with use of the peanut ball. Some are: side-lying, tucked side-lying, semi-sitting lunge, hands and knee fire hydrant, forward-leaning, and sitting on the peanut ball. Positions are pictured.

One great benefit of the peanut ball is that pelvic relaxation occurs during first and second stages of labor. The pelvic outlet is widened. This facilitates fetal rotation and descent. Uses, cautions, and available resources for the peanut ball will be discussed.

Biography

Lynn B Clutter works extensively in nursing care of the family. She is faculty in the university BSN program where she enjoys teaching and mentoring students. She is a Lactation Consultant at Saint Francis Hospital. Teaching and clinical encompass areas of pediatrics, community health, genetics, ethics, and research. Qualitative and quantitative research include publication topics of test anxiety & cortisol, nursing student clinical experiences, attachment, children's pain, spiritual care, adolescent parenting, unintended pregnancy, and open adoption. She serves as Vice President of the Wong-Baker FACES Foundation Board, is a leader in professional organizations, and has practiced as a Clinical Nurse Specialist.

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