GATE CONTROL THEORY

WATCH VIDEO!

The Gate Control Theory of Pain proposes that there is a "gate" in the spinal cord that can open or close to regulate the transmission of pain signals to the brain. This gate can be influenced by various factors such as touch, pressure, and emotional state. Activation of non-painful sensory input can close the gate, reducing the perception of pain, while factors like stress or anxiety can open the gate, increasing pain perception.

Gate Control Theory & labor

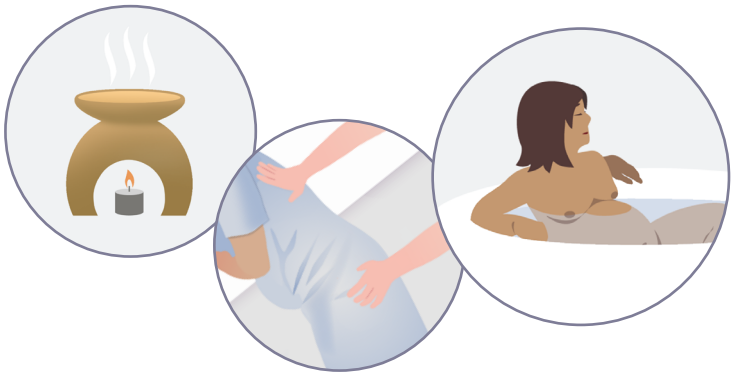
Soothing sensations like massage, walking, or touch can help to close the "gate" in the spinal cord and reduce the pain messages headed to the brain during labor.

Non-pharmacological pain relief

Cognitive

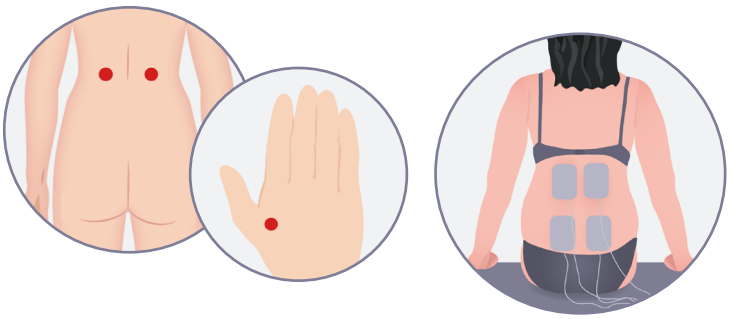
- A determining factor in a woman's experience of pain during labor is its perceived meaning.
- Encourage positive thinking and reframing the perception of pain.
- Encourage the use of music and support from family and partner.
- Deep breathing, visualization, and mindfulness can help focus the attention away from pain sensations, promoting a sense of calm and control.

Sensory



- Gentle massage or counter-pressure applied to areas experiencing discomfort can stimulate sensory nerves, activating the "gate" in the spinal cord to close and inhibit pain transmission.
- Scents, such as lavender or chamomile, can have calming effects, reducing stress and anxiety and diminishing the perception of pain.
- Immersing in warm water can alleviate muscle tension and promote relaxation.

Cutaneous



- TENS (Transcutaneous Electrical Nerve Stimulation) uses low-voltage electrical currents applied to the skin via electrodes to interfere with pain signal transmission and promote the release of endorphins.
- Acupressure and acupuncture: Stimulating specific points on the body through pressure or fine needles can trigger the release of endorphins and reduce perception of pain.