

Options/Interventions Card Game

Instructions: Divide class into groups. Give each group a “heading” card for each option/intervention and a set of cards listing facts you would like students to know about each option/intervention. Have students in each group work together to put “fact cards” under appropriate “headings.” Allow time for questions and discussion as you look at each group’s results. This game may be adapted to other topics of your choice.

Elective Cesarean	Elective Induction	Epidural Analgesia	Fetal Monitoring
If due date is not correct, baby may be born too early.	If due date is not correct, baby may be born too early.	Mother may need extra support & patience to breastfeed successfully.	For low-risk moms, either intermittent or continuous monitoring is acceptable to ACOG.
Baby is at higher risk for breathing problems.	Continuous electronic fetal monitoring is almost always required.	Most effective pain relief.	Intermittent monitoring allows greater freedom of movement and access to bath and shower.
Mother has increased risk of problems with placenta in future pregnancies.	Ability to schedule birth.	Continuous electronic fetal monitoring is required.	If continuous monitoring is required, laboring woman may be able to sit in chair, on ball beside bed.
Ability to schedule birth.	IV fluids almost always required.	Mother may develop a fever which can cause separation, testing of baby.	Continuous monitoring required for epidural analgesia; almost always required for induction.
Possible complications associated with major surgery such as bleeding & infections.	Almost doubles the chance that a cesarean will be required.	Increases likelihood that vacuum or forceps may be needed.	In many hospitals, continuous monitoring allows nurses to monitor mother & baby from the nurse’s station.
Mother may need extra support & patience to breastfeed successfully.	Contractions may peak harder and longer, increasing need for epidural analgesia.	IV fluids required.	The use of continuous monitoring increases the rate of cesarean and vacuum & forceps deliveries.