# Contents

Acknowledgements iv

Introduction to the second edition 1

**Part I  Before the Journey’s Commencement** 5
1 Pasts and peoples 7
2 Experiences and observations 27
3 Medication: constraints and consequences 45
4 Physiology of pain in labour 51

*Dr Jennifer M. Tocher*

**Part II  Beginning the Journey** 61
5 Childbirth education 63
6 Pain in pregnancy 72

**Part III  The Journey** 93
7 Labour pain 95
8 ‘Working with pain’: non-pharmacological methods 105
9 Pain relief: pharmacological methods 126

**Part IV  The Journey’s End** 143
10 Postnatal pain 145
11 Fetal/neonatal pain 167
12 Conclusion 173

References 177
Index 209