

**WOMEN & INFANTS HOSPITAL CONTINUING MEDICAL EDUCATION  
NATIONAL PERINATAL INFORMATION CENTER**

**NITROUS OXIDE USE IN LABOR AND IMMEDIATE POSTPARTUM**

**February 12, 2019**

**Walidah Karim, DNP, RN, CNM, Director, Center for Women's Healthcare  
Cone Health Women's Hospital**

Walidah Karim is a Board Certified Nurse Midwife in the Cone Health Medical Group, Greensboro, North Carolina. She received her undergraduate degree from the University of Arizona, and her MS Nurse-Midwifery from Frontier Nursing University. She has been involved in the implementation of the use of nitrous oxide in the LDR at Cone Health.

**Learning Objectives:**

Upon completion of this activity, participants should be able to:

- Identify key strategies for successful nitrous oxide (N<sub>2</sub>O) implementation
- Describe nitrous oxide (N<sub>2</sub>O) and its use for the management of labor and immediate postpartum pain
- Describe the historical perspective of nitrous oxide and the impact of its use in the US
- Describe the maternal and fetal effects associated with use of nitrous oxide (N<sub>2</sub>O)
- Explain how nitrous oxide is used by the patient
- Differentiate which patients are best suited for nitrous oxide (N<sub>2</sub>O) use
- Explain occupational exposure and how risk is minimized

**Media used for activity:**

- Live event – webinar
- Archived event – electronic

**Method of Participation:**

- Participants are required to attend the live event through webinar format.

**Estimate time required for completion:**

- One hour

**Date of original release:**

- February 12, 2019

**Activity termination date:**

- 1 year after date of original release

**Scope of Practice:**

- This activity is appropriate for the current and future scopes of practice for attending physicians and other clinicians and allied health professionals involved in perinatal care.

**Core Competencies:**

- Medical Knowledge and Patient Centered Care

**Accreditation:**

- Women & Infants Hospital is accredited by the Rhode Island Medical Society to sponsor intrastate continuing education for physicians. Women & Infants Hospital designates this online educational activity for a maximum of **1.0 AMA PRA Category 1 Credit™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Disclosure:**

- Walidah Karim, DNP, RN, CNM has no relevant financial relationships to disclose.

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- No other persons responsible for the planning or implementation of this activity have any financial interests to disclose.

**Policy on Privacy and Confidentiality:**

To obtain the Women & Infants Continuing Medical Education Policy on Privacy and Confidentiality, call the WIH CME office at 401-274-1122, ext. 4-2383.

**Further Information:**

For more information regarding this program please email [education@npic.org](mailto:education@npic.org) or call 401-274-0650.