

Topic Title: Normal Vaginal Delivery

For on site tutorials as part of the remote simulation program
Obstetrics Module 2

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Introductions



General Aims

- Learn in a team setting
- Blend clinical skills with team skills
- Reflect critically on practice

Ground Rules

- Participation
- Privacy
- Confidentiality
- Disclaimer
- Debriefing
- Mobile phones

Session Objectives

- Assessment of the woman in labour
- Understand and demonstrate management of normal vaginal delivery (NVD)
- Working in teams

Normal Vaginal Delivery

- Term birth greater than 37 weeks gestation
- Cephalic presentation of baby
- Spontaneous labour
- Three stages of delivery
 - First, Second, Third

Assessment

- Focused history and examination
- Determine foetal gestation and risks of delivery
- Review the pregnancy record
- Obtain IV access and send bloods

First Stage of Labour

- Labour is defined as painful, regular contractions with dilatation and effacement of the cervix.
- First stage is dilation of the cervix to 10cm.
- This is divided into the latent phase, active phase and transition phase.

Preparation for delivery

- Staff for both mother and child
- Equipment
 - Birth pack, gloves, lubricant, doppler, IV
- Monitoring
 - CTG, maternal cardiac monitoring
- Warm blankets
- Neonatal resuscitation equipment and plan

Second Stage

- Delivery of the baby

Third Stage

- Active management of the third stage reduces the risk of post partum haemorrhage.
- Syntocinon, cord traction and fundal massage are active management strategies.
- Once the placenta is delivered it must be checked for completeness.

The Case

- Judy Dench is a 25-year-old lady who is 36 weeks pregnant. She has been visiting friends in the area and has had to come to your ED.

Summary

- Normal vaginal delivery is a normal physiological event.
- A team approach to the delivery requires preparation and planning,
- Active management of the third stage will reduce the complication of post partum haemorrhage.

References

- Cooper, M.A., Fraser, D., Myles, M. Myles textbook for Midwives 15th edition. 2009.
- Stables, D. & Rankin, J. Physiology in childbearing : with anatomy and related biosciences, 3rd edition, 2010.

Acknowledgments

Obstetrics 2 Topic expert author: Nhi Nguyen

Obstetrics 2 Simulation session author: Morgan Sherwood

Obstetrics Module Expert Working Party and Peer Review Team

Nadia Sawkins, Simulation Fellow RPAH

Marilena Pelosi, Clinical Midwife Consultant, RPAH

Nhi Nguyen, Intensivist, Nepean

Tanya Nippita, Obstetrician, RNSH

Lisa Robinson, Obstetrics Fellow, RNSH

Educational consultants:

Stephanie O'Regan Nurse Educator SCSSC

Leonie Watterson Director Simulation Division SCSSC

John Vassiliadis Deputy Director SCSSC

Clare Richmond FACEM Royal Prince Alfred Hospital

Morgan Sherwood Simulation Fellow SCSSC

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