

Labor & Delivery

☆ **Normal Labor:**

A. Definition:

Labor is a series of events by which the fetus and placenta are expelled from the woman's uterus. Delivery refers to the actual delivery of the infant.

B. Characteristics of Normal Labor:

1. The fetus is born at full term (completed 37 weeks).
2. The fetus is living.
3. The fetal presentation is vertex.
4. The process of labor is completed spontaneously.
5. The process of labor is completed through the natural passages.
6. The time of labor does not exceed 24 hours.

C. Factors Affecting the Process of Labor:

1. *Passengers*; Fetus, placenta, membranes, umbilical cord, blood & amniotic fluid
2. *Passages*; Pelvis, pelvic floor, uterus, cervix, vagina & vulva
3. *Powers*;
 - i. *Primary powers*; contraction & retraction of the uterine muscles
 - ii. *Secondary powers*; refers to the power of the abdominal muscles and diaphragm, in the form of bearing down effort, which is voluntary and partly involuntary, or reflex.

D. Stages of Labor:

The process of labor is divided into four distinct stages;

1. *First stage (dilating stages)*; begins with the first true uterine contractions and ends with complete dilatation of the cervix.
2. *Second stage (expulsive stage)*; begins with complete dilatation of the cervix and ends with delivery of the infant.

3. *Third stage (placental stage)*; begins with delivery of the infant and ends with delivery of the placenta.
4. *Fourth stage*; is the first two hours following delivery.

<i>Duration of labor</i>	<i>First Stage</i>	<i>Second Stage</i>	<i>Third Stage</i>
<i>Primigravida</i>	12-16 hours	1-2 hours	10-20 minutes
<i>Multipara</i>	6-8 hours	10-30 minutes	10-20 minutes

☆ **Immediate Care of Newborn:**

A. The airway; clear the airway.

B. The APGAR score; is recorded at 1 & 5 minutes after birth

<i>Sign</i>	<i>0</i>	<i>1</i>	<i>2</i>
<i>Heart rate</i>	Absent	Slow, below 100	Fast, above 140
<i>Respiration</i>	Absent	Weak crying	Good crying
<i>Muscle tone</i>	Limp or flaccid	Some flexion	Active flexion
<i>Reflex irritability</i>	No response	Grimace	Good response
<i>Color</i>	Blue & pale	Body pink & extremities blue	Completely pink

Total score = 10

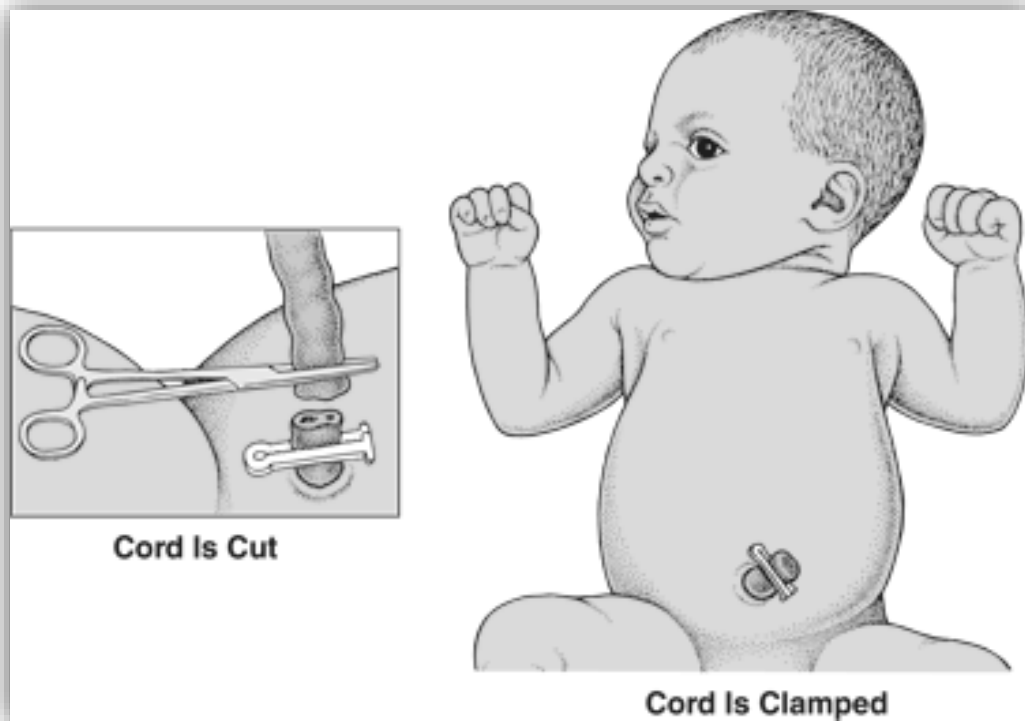
Normal = 7-10

Mild asphyxia = 4-6

Severe asphyxia = 0-3

C. Warmth; it is very important to keep the infant warm at birth

D. Umbilical Cord; a disposable plastic clamp is used and placed 3-5cm from the umbilicus



E. Weight & Measurements:

1. The normal weight is 2.5-3.5 Kg.
2. Measure the length, the average length is 50 cm.

F. Care of Eyes; the eyes are washed with sterile warm water

G. Vitamin K; should be given to prevent bleeding

H. Identification; an identity bracelet is placed around the infant's wrist or ankle

I. Position; the head of the infant should be placed lower than the body in order to drain mucus and secretions by gravity.

J. Examinations;

1. General appearance
2. Assessment of head and neck
3. Assessment of body
4. Thorax
5. Abdomen
6. Genitalia
7. Back
8. Extremities
9. Neurological assessment
10. Breastfeeding