



Welcome to Childbirth Class

Women's Care
Obstetrics & Gynecology

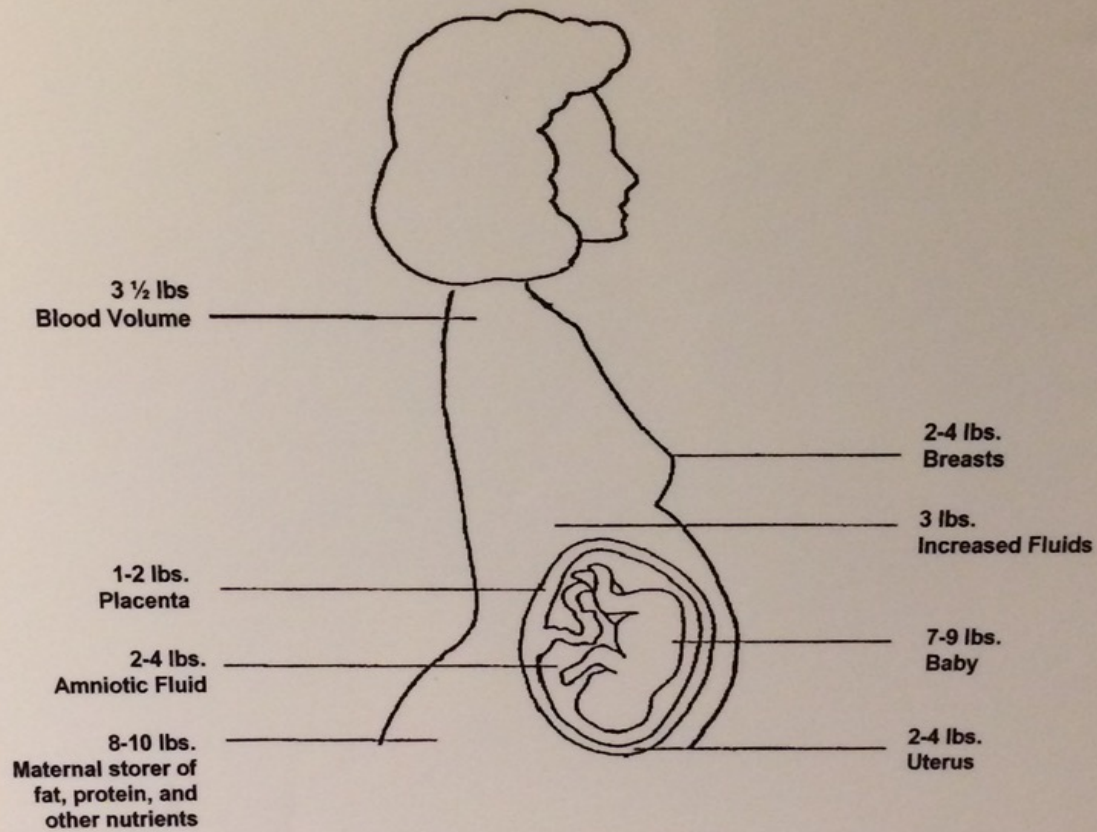
Topics of Discussion

- Introductions/Housekeeping
- Ice Breaker
- Third Trimester
- Getting Ready: What to pack
- Hospital Details
- Labor
- Reason to call your doctor
- Birth Video

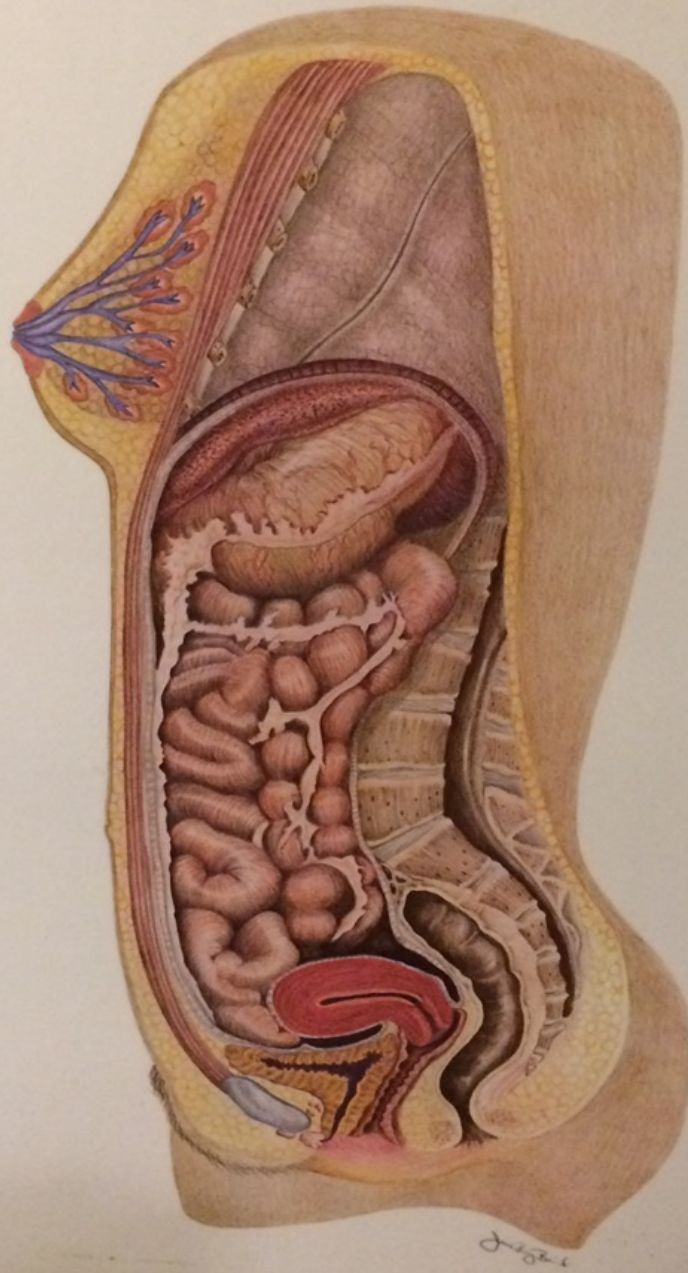
Third Trimester

- Mom
 - 46 new hormones
 - Increased blood volume
 - Common Discomforts (see packet)
 - Emotional Period
- Baby
 - Development & growth
 - Brown Fat
 - Lung Development & breathing motions
 - Sleep/Wake Cycles: Kick Counts
 - Birth Position

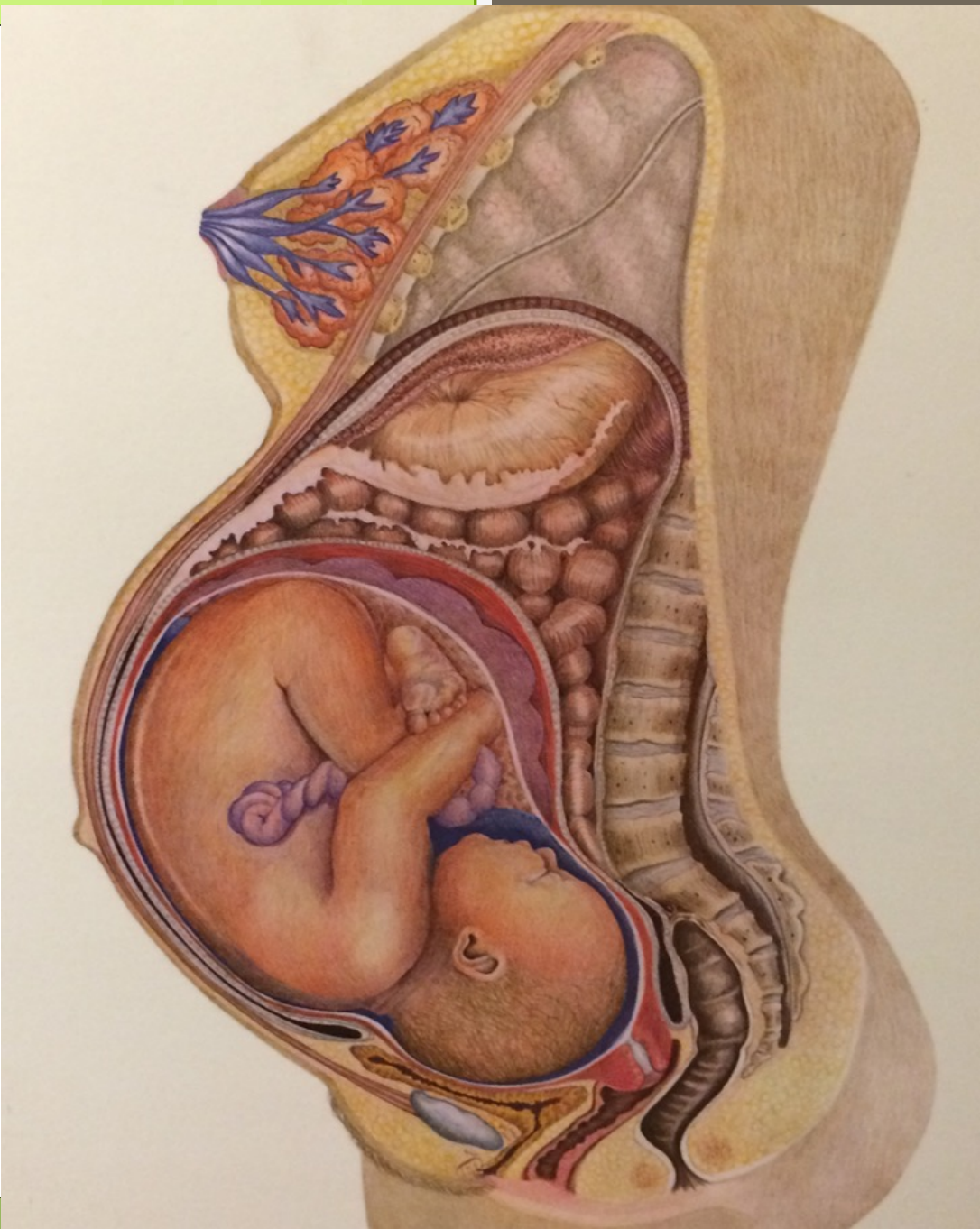
Weight Gain During Pregnancy

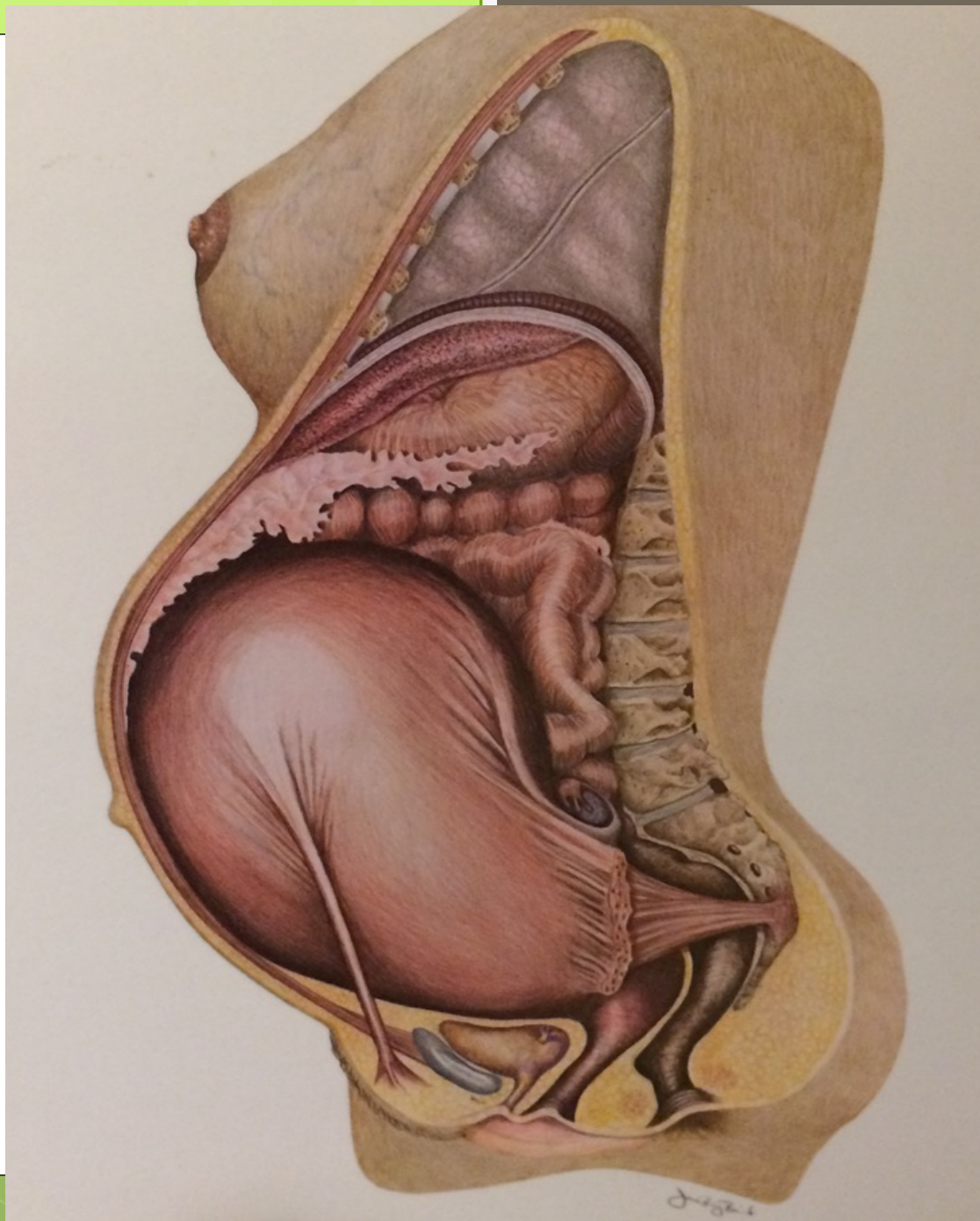


Total= 25-35 lbs.









Getting Ready

- Pack your bag (see packet for list)
- Pack your support persons bag
- Know where Riverbend Hospital is
- Decide on support team

When to Call Your Doctor

- Call office and/or hospital first
- Warning Signs:
 - Vaginal Bleeding
 - Leaking fluid
 - Decreased fetal movement
 - Severe headaches, vision changes, heartburn, pain below your ribs, or swelling
 - Suspect labor
 - Labor signs before 37 weeks

Where to Go?

- Sacred Heart Riverbend Hospital
- Admissions on 1st floor

At the Hospital - Triage

- One support person only
- Reason for visit
- Pain score
- Vital signs
- Fetal monitoring
- Allergies & med list
- Common to be sent home

At the Hospital - Admission

- Admissions History
- IV start & labs
- Fetal monitoring
- 2-4 visitors

Preliminary Signs of Labor

- Bloody show
- Loss of mucous plug
- Braxton-Hicks Contractions
- Labor may take up to a few WEEKS after these start

Positive Signs of Labor

- ◉ Water breaking
- ◉ Contractions that change your cervix
- ◉ Contraction Frequency
- ◉ Contraction Duration
- ◉ Contraction Strength/Intensity
- ◉ 5-1-1 rule

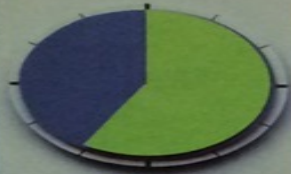
0-3 cm

3-7 cm

7-10 cm

10 cm-Birth

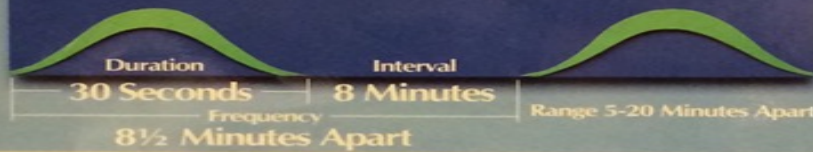
inicio



7-8 Hours

Early Phase

First Stage



primera etapa



0-3 cm



activo



3-5 Hours

Active Phase

First Stage



primera etapa



3-7 cm



transición



1/2-1 1/2 Hours

Transition Phase

First Stage



primera etapa



7-10 cm



horas

segundos

minutos

rango - minutos entre contracciones

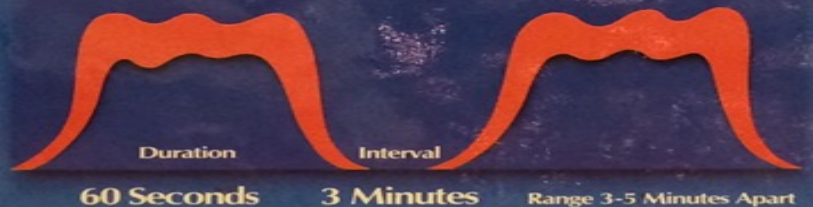
empuje - parto



1/2-2 Hours

Pushing → Birth

Second Stage



segunda etapa



10 cm-Birth



First Stage - Early Labor

- Lasts 2-24 hours
- Cervical Changes
 - Effacement
 - Dilation 0cm-4cm
 - Station -2 to +2
 - First pregnancies - thin then dilate
- Can occur at home or at hospital
- Alternate between rest & activity
- Eat light
- STAY HYDRATED
- Breathing/relaxation exercises



0 cms dilated
0% effaced



2-3 cms dilated
50% effaced

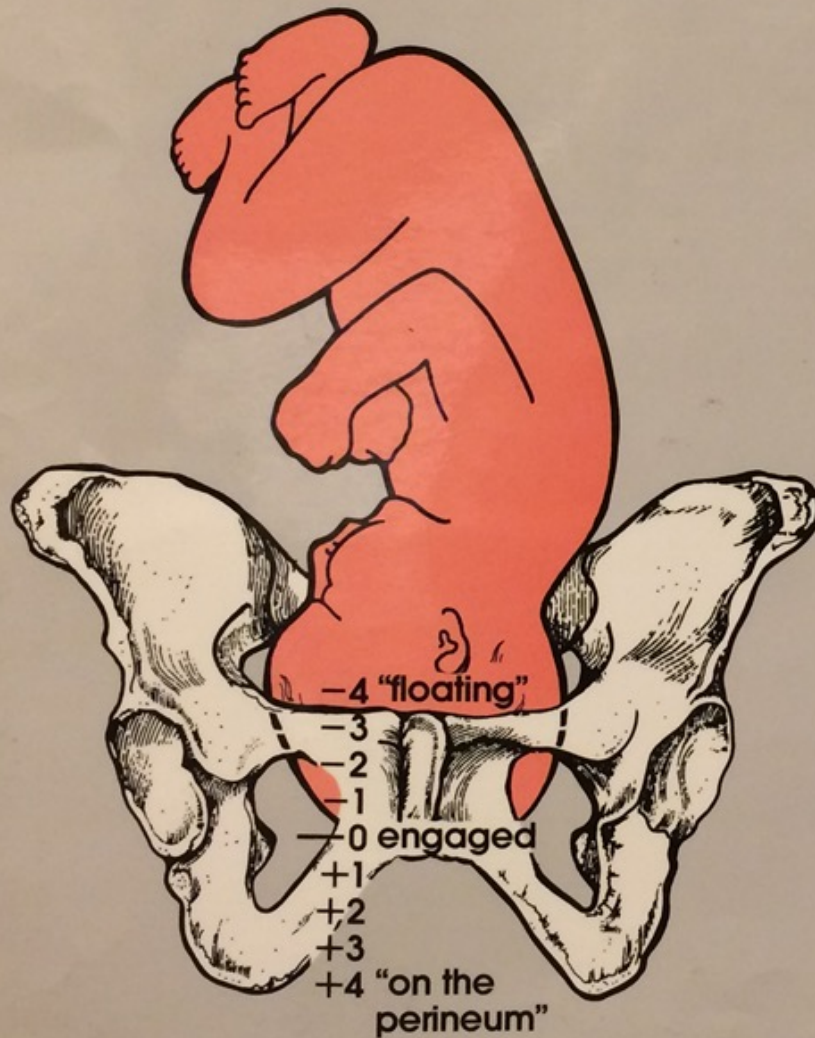


5-6 cms dilated
100% effaced

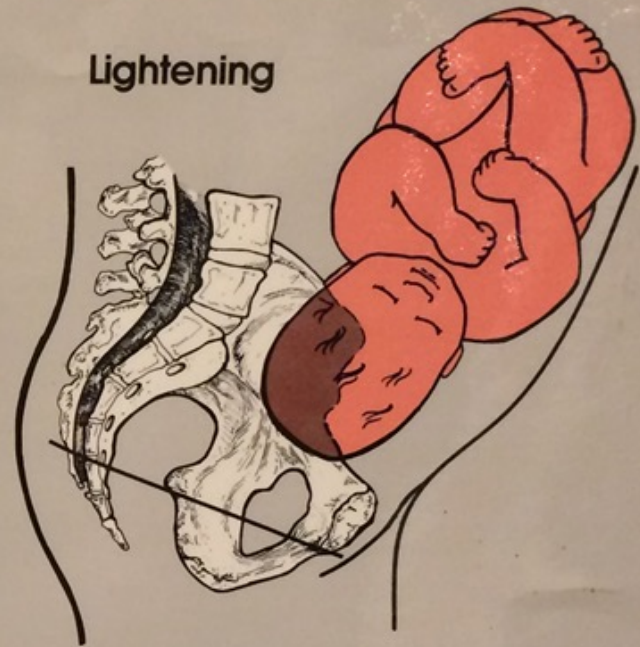


10 cms dilated
100% effaced

Pelvic Station



Lightening



First Stage - Active Labor

- Lasts 30min - 10hrs
- Cervix dilates from 4cm to 8cm
- At or arriving to hospital
- Position changes (see packet)
- Deep abdominal or Lamaze breathing
- Focal points
- Narrowed focus
- Relaxation techniques & position changes

First Stage - Transition

- Lasts 10min - 2.5hrs
- Cervix dilates to 10cm or "complete"
- Emotional and physical changes
- Lamaze & candle blow breathing
- Very narrow focus

Second Stage - Pushing & Birth

- Up to 3hrs
- Urge to push
- Constant encouragement needed
- Pushing

Third Stage - Placenta Delivery

- 5-25min
- IV Pitocin
- Stitches if needed
- Fundal checks
- Mom & Baby vital signs
- Baby skin-to-skin

Take Aways

- 5-1-1 rule
- Warning signs
- Finding support people