

Essential Care for Labor & Birth

ACTION PLAN



PREVENT INFECTION



PROVIDE RESPECTFUL CARE

Quick check

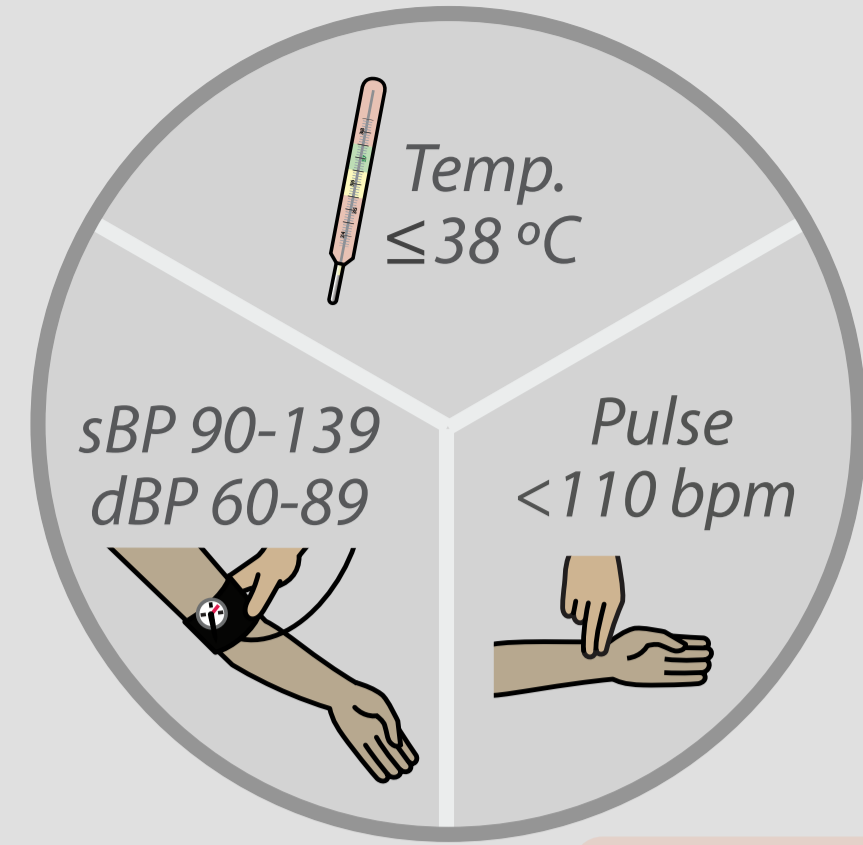


Close to birth?

Support birth

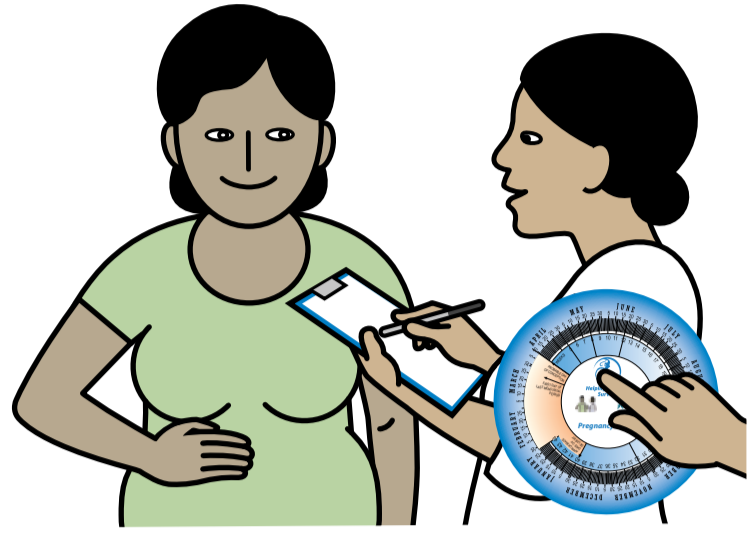


Danger Signs?

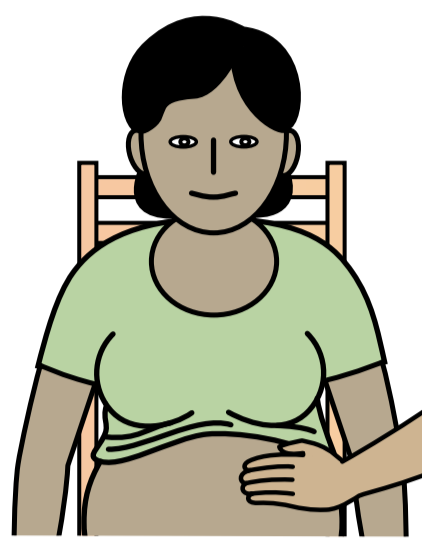


Seek advanced care

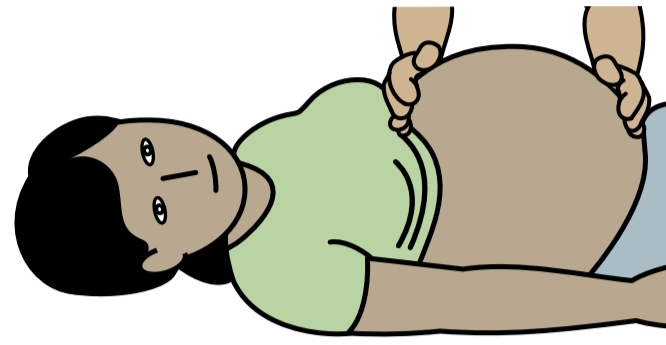
Assess



History



Regular contractions



Presentation head first



Fetal heart rate 120-160



Vaginal examination ≥ 5cm

Classify

Normal, not active
Reassess

Normal, active labor

Warning signs
Manage

Danger signs
Seek advanced care

1st stage: ≥ 5 cm

Support labor

Continue documentation
Assess

Danger signs?
Seek advanced care

Check every 30 min	Fetal heart rate Contractions Pulse Woman's mood
2 hours	Temperature
4 hours	BP Cervix and membranes Fetal descent



Encourage to move, drink, eat, use toilet



Give comfort

2nd stage: 10 cm

Support birth

Assess

Check every 5 min	Fetal heart rate Contractions Fetal descent Woman's mood
30 min	Pulse
2 hours	Temperature Bladder empty
4 hours	BP



Prepare for birth



Support choice of position

3rd stage: Baby born

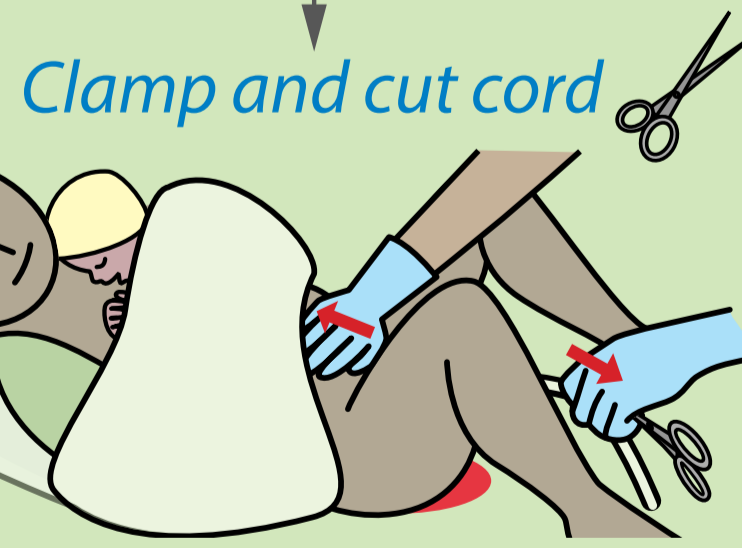
Support immediate care



Check for 2nd baby
Give oxytocin

Dry baby
Check breathing
Place skin-to-skin

Baby not breathing?
Resuscitate and seek advanced care



Clamp and cut cord

Deliver placenta and check uterus

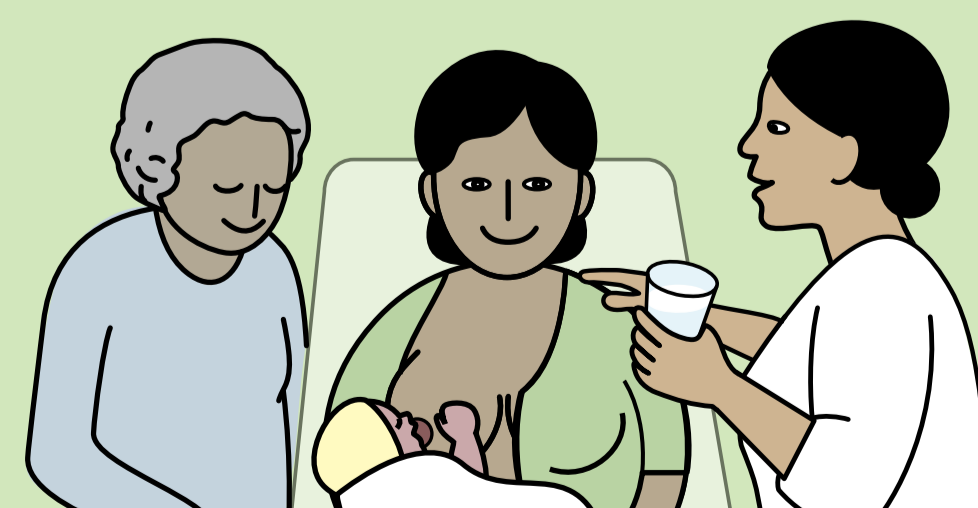
4th stage: Placenta out

Continue care

Check for bleeding and tears

Heavy bleeding?
Manage and seek advanced care

Monitor woman and baby Check every 15 min for 2 hrs	
Woman	Uterus Bleeding BP Pulse
Baby	Breathing Color Pulse
Both	Temperature, repeat if not normal



Give comfort and start breastfeeding
Review danger signs



Ensure hygiene, comfort and rest

The Golden Minute®
60 sec