

LABOR & BIRTH PROCESSES

POSITION

POSITION OF THE MOTHER DURING BIRTH

UPRIGHT POSITION

Sitting on a birthing stool or cushion

"ALL FOURS" POSITION

On all fours: putting your weight on your hands & feet

LITHOTOMY POSITION

Supine position with buttocks on the table



LATERAL POSITION

Laying on a side

Frequent changes in position helps with:

- Relieving fatigue
- Increasing comfort
- Improving circulation

POWERS

CONTRACTIONS: PRIMARY & SECONDARY

PRIMARY POWERS

Involuntary uterine contractions
Signals the beginning of labor

DILATION

- Dilation of the cervix is the enlargement or widening of the cervical opening & canal once labor has begun
- Cervix: closed → full dilation (10 cm)
- Pressure from amniotic fluid can also apply force to dilate

EFFACEMENT

- Shortening & thinning of the cervix during the first stage of labor
- Cervix normally:
 - 2 -3 cm long
 - 1 cm thick
- The cervix is "pulled back / thinned out." by a shortening of the uterine muscles

Degree of EFFACEMENT is EXPRESSED in % (0-100%)

FERGUSON REFLEX

- When the stretch receptors release oxytocin, it triggers the maternal urge to bear down

SECONDARY POWERS

Does not affect cervical dilation but helps with expulsion of infant once the cervix is fully dilated

- Voluntary bearing-down efforts by the women once the cervix has dilated
- When the presenting part reaches the pelvic floor, the contractions change in character & become expulsive.
- Laboring women start to feel an involuntary urge to push & she uses secondary powers to aid in the expulsion of the fetus

PSYCHOLOGY

EMOTIONAL RESPONSE

Anxiety can increase pain perception & the need for more medications (analgesia & anesthesia)

THINGS TO CONSIDER:

SOCIAL SUPPORT

PAST EXPERIENCE

KNOWLEDGE

Applications Prob Birth Processes

RJ Alexander



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