

Labor and Delivery



Journal

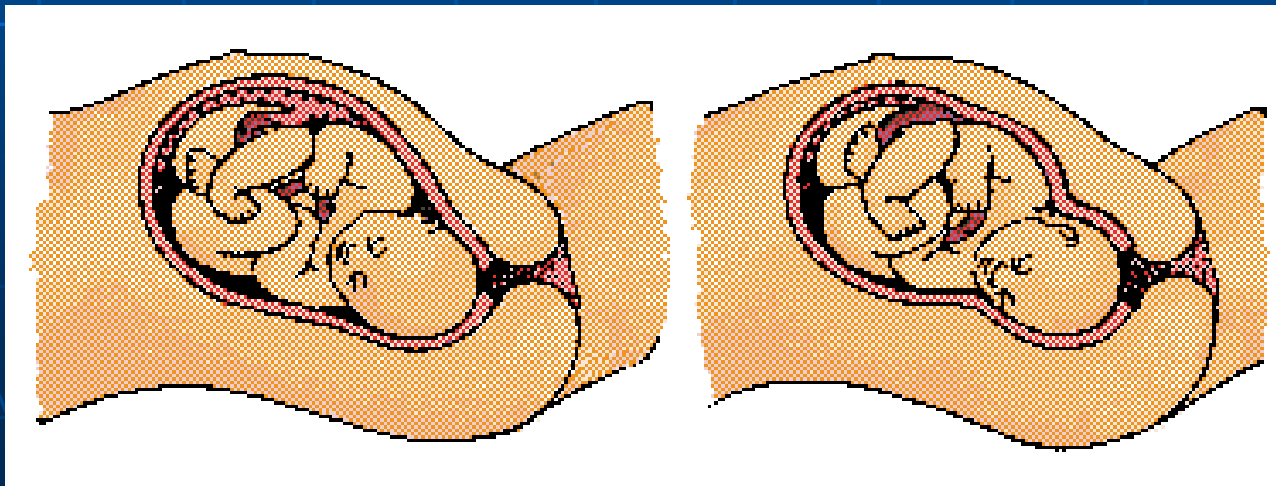
What will it be like to give birth to a child (or to have your wife give birth)? Do you want to do it all naturally? Do you want to be in a hospital? What are some of your concerns?

About Time...

For 9 months, the unborn child has been developing in the womb. Now the baby is ready to make an exit. Prelabor is a period of irregular uterine contractions in which the cervix thins, softens, and may begin to dilate. Labor is commonly divided into three stages wherein the baby is expelled from the uterus through the birth canal and into the world. It begins with irregular contractions of the uterus that occur every 20 to 30 minutes. As labor progresses, the contractions increase in frequency and severity. For women giving birth for the first time, labor will usually last between 12 to 24 hours. However, for women who have given birth before, labor usually averages only 6 hours.

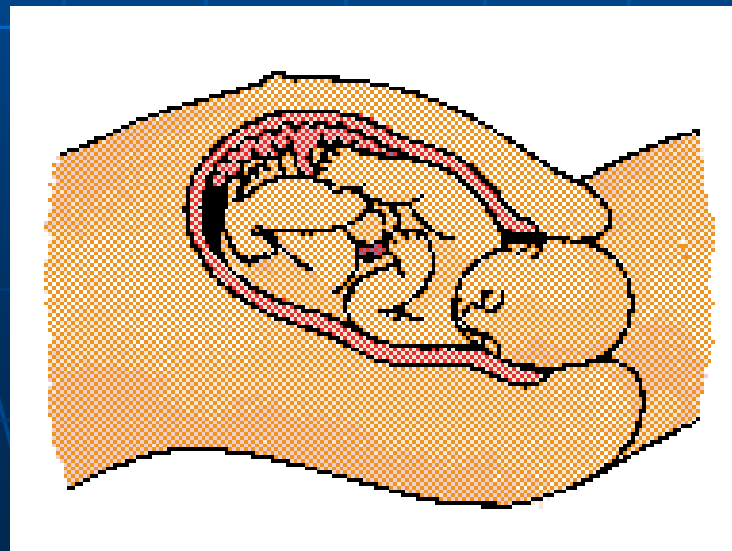
1st Stage

During the first stage, uterine contractions begin (left) and are usually spaced from 10 to 20 minutes apart. Initially the contractions are gentle, but they tend to become more powerful and sometimes uncomfortable. The cervix dilates with each contraction (right), and the baby's head rotates to fit through the mother's pelvis.



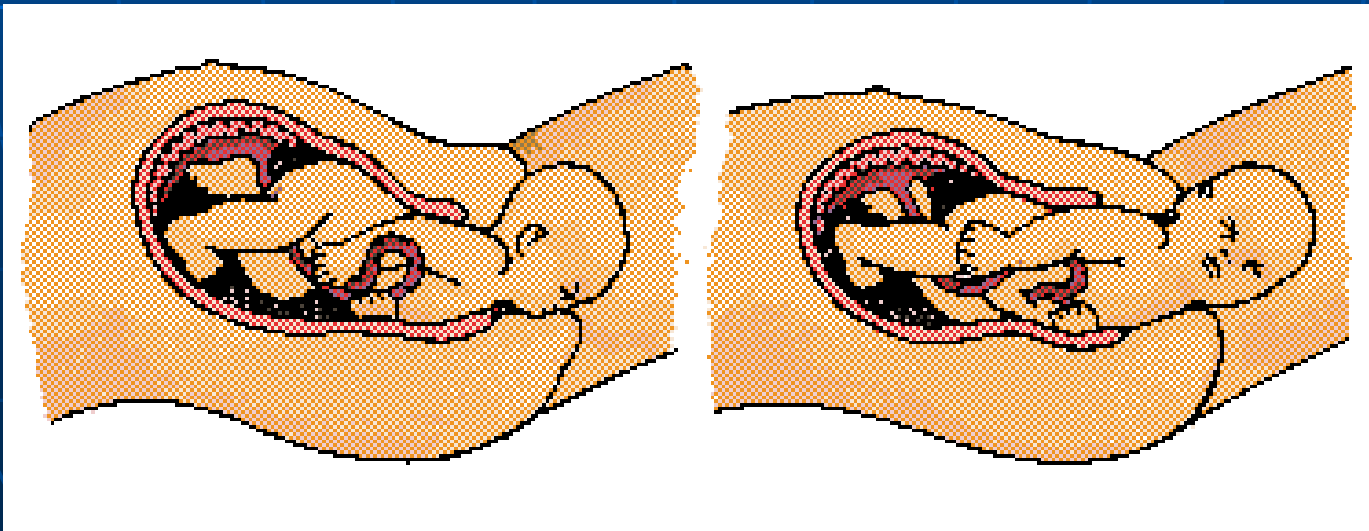
2nd Stage

The second stage of labor usually lasts about 90 minutes. During this stage, the cervix opens sufficiently and the baby begins to move down the birth canal. The mother pushes, or bears down, in response to pressure against her pelvic muscles. The crown of the baby's head becomes visible in the widened birth canal.



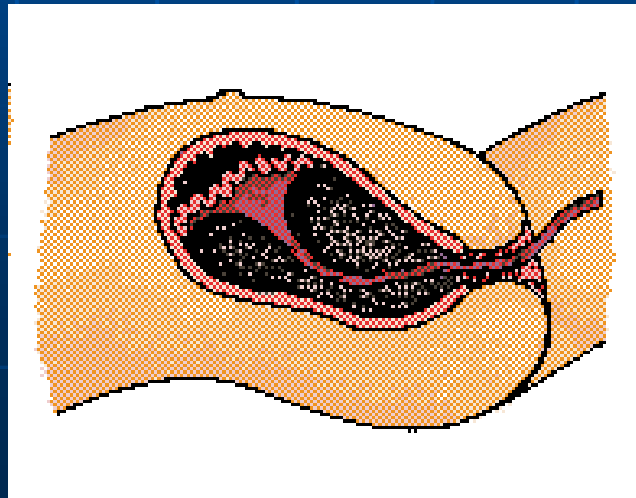
Birth

As the head emerges entirely (*left*) the physician turns the baby's shoulders (right), which emerge one at a time with the next contractions. The rest of the body then slides out relatively easily, and the umbilical cord is sealed and cut.



3rd Stage

Following the exit of the infant, the third stage of labor occurs. The uterus continues to contract, expelling the severed umbilical cord and placenta, called the afterbirth. The third stage occurs within ten minutes of the baby's birth.



Why a C-Section?

- Prolapsed cord
- Poor presentation
- Mother too small
- Baby too big
- Placenta praevia
- Placenta abruptio
- Fetal distress
- Mother or child cannot tolerate labor
- STDs
- Previous C-section
- Toxemia

Who will deliver the baby?

- Ob/Gyn – Obstetrician (pregnancy doctor) and Gynecology (female doctor)
- Pediatrician – Children’s doctor.
- Midwife – Woman with some training in delivering babies.
- Birthing chair – A chair that allows a woman to sit up to give birth instead of laying down so that gravity will help.
- Lamaze – A technique to relax and breath and push at the proper times.
- Birthing Room – A single room used for both labor and delivery.

Options for pain

- Most women prefer some kind of anesthesia.
- Natural (unmedicated) childbirth is becoming more popular because the anesthesia can make the newborn baby less alert after birth.
- An epidural is given in the spinal sheath and deadens the patient from the waist down.
- A saddle block deadens the area where you ride a saddle.
- A paracervical block, also known as a cervical block deadens the cervix.
- A pudendal block is given in the pudendal nerve and will numb the whole bottom and legs.

The cervix must dilate to some degree before any anesthesia is given. For this reason, a mother needs to learn some breathing and relaxation techniques.

Birthing Options

- Home Birth(use of a midwife)
 - Pros: Most comfortable, more people can be involved
 - Cons: No medical help onsite, can not use pain medication, only if the pregnancy is seen as low risk
- Alternative Birthing Center (midwife usually do these births)
 - Pros: more personal,
 - Cons: Only basic medical help onsite (not doctor), can not use all pain options
- Hospital
 - Pros: can have all pain medication options, Doctor is right on site if complications were to arise.
 - Cons: Less personal, fewer people can be apart of the delivery, some see as less cleanly
- Water Birth- options where to child is born underwater and then brought above water for their first breath and the cutting of the umbilical cord
 - Pros: can be done at a birthing center and some hospital, seen as a stress reliever
 - Cons: can not use medications, unsafe if complications arise

BABY

- The Apgar score is a score given at one, five and ten minutes after the birth of a child. A score of 7-9 is normal.
- Apgar was devised in 1952 by Dr. Virginia Apgar
- A=Appearance
- P=Pulse
- G=Grimmace
- A=Activity
- R=Respiration

APGAR Scale

Score	0	1	2
A pppearance	Blue or pale	Body pink; hands and feet blue	Completely pink
P ulse (Heart Rate)	Absent	Less than 100 beats per minute	More than 100 beats per minute
G rimace (Reflex Irritability)	Absent	Grimace	Grimace and cough or sneeze
A ctivity (Muscle Tone)	Limp	Some flexing of arms and legs	Active motion
R espiration	Absent	Slow, irregular; weak cry	Good; strong cry

Names

- Names work sheet
- <http://www.ssa.gov/oact/babynames>
/