SATURDAY PRENATAL CLASS
Importance of Prenatal Classes

- Pain
- Fear
- Tension
Session Outline

- Part 1
  - Labour & Delivery

- Part 2
  - Variations in Labour
  - Cesarean Sections
Session Outline

- Part 3
  - Coping with Labour & Delivery
  - Breathing Patterns

- Part 4
  - The Newborn
  - Right after Birth
  - Breastfeeding
LABOUR
Purpose of Labour Contractions

- Uterine contractions during labour help
  - the cervix to thin out (efface) & open up (dilate)…STAGE 1 LABOUR
  - The fetus to rotate & move down through the birth canal…STAGE 2 LABOUR
  - The placenta to separate & be expelled…STAGE 3 LABOUR
Passage Through Birth Canal
Timing Contractions

- **Frequency**: Length of time b/w beginning of one contraction to the beginning of the next

- **Duration**: How many seconds one contraction lasts

- **Intensity**: Strength of the contraction (weak, moderate, strong)
SIGNS OF IMPENDING LABOUR
Signs of Impending Labour

- Lightening
Engagement
Signs of Impending Labour

- Lightening
- Effacement & Dilation
Dilation

CLOSED

1 CM

2-3 CM

5-6 CM
Station
Signs of Impending Labour

- Lightening
- Effacement & Dilation
- Burst of Energy
Signs of Impending Labour

- Lightening
- Effacement & Dilation
- Burst of Energy
- Rupture of Membranes

High leak – Trickle of fluid
Spontaneous Rupture
Low leak – Gush of fluid
Signs of Impending Labour

- Lightening
- Effacement & Dilation
- Burst of Energy
- Rupture of Membranes
- **Braxton Hicks Contractions**
Signs of Impending Labour

- Lightening
- Effacement & Dilation
- Burst of Energy
- Rupture of Membranes
- Braxton Hicks Contractions
- Bloody Show/↑ Vaginal Secretions
Signs of Impending Labour

- Lightening
- Effacement & Dilation
- Burst of Energy
- Rupture of Membranes
- Braxton Hicks Contractions
- Bloody Show/ Vaginal Secretions
- Backache
Signs of Impending Labour

- Lightening
- Effacement & Dilation
- Burst of Energy
- Rupture of Membranes
- Braxton Hicks Contractions
- Bloody Show/† Vaginal Secretions
- Backache
- Weight Loss 2-3lbs (hormones)
Signs of Impending Labour

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- Braxton Hicks Contractions
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- Weight Loss 2-3lbs (hormones)
- Loose BMs
Signs of Impending Labour

- Lightening
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- Braxton Hicks Contractions
- Bloody Show/↑ Vaginal Secretions
- Backache
- Weight Loss 2-3lbs (hormones)
- Loose BMs
- Feeling “different”
"Yeah Doc, I think my wife is ready to have the baby, her contradictions are only 30 seconds apart now."
**Contractions**

**True Labour**
- Regular & Rhythmic
- Front to Back
- Increase in Frequency
- Increase in Intensity
- Last Longer

**False Labour**
- Irregular Pattern
- Abdomen & Groin
- Frequency Sporadic
- Intensity Unchanged
- Length Unchanged
- Stop with Walking

**Fetal Movements**

**No Change**

**May Increase**
True Labour

Other Signs

- Effacement/ Cervical Changes
- Bloody Show
- Rupture of Membranes
STAGES OF LABOUR
Stage 1

- Phase I (Latent/Early)
- Phase II (Active)
- Phase III (Transition)

Stage 2

Stage 3
## Average Length of Labour

<table>
<thead>
<tr>
<th>Stage</th>
<th>PRIMIP</th>
<th>MULTIP</th>
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</thead>
<tbody>
<tr>
<td>First Stage</td>
<td>10 – 14 hrs (12 ½)</td>
<td>6 – 8 hrs (7 ¼)</td>
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<tr>
<td>Second Stage</td>
<td>45 mins – 2 hrs (1hr, 15 mins)</td>
<td>15 – 45 mins (30 mins)</td>
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<tr>
<td>Third Stage</td>
<td>5 – 20 mins (15 mins)</td>
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</tbody>
</table>

**Total Duration:**
- **14 HRS**
- **8 HRS**
Stage 1 - Phase I (Latent/Early)

- Lasts 8-10 hrs (avg)
- Cervix 0-4 cm
- Contractions: Weak intensity
  - Irregular rhythm
  - Frequency 5-20 mins
  - Duration 30-40 secs

Period of excitement, walk & rest!
Stage 1 – Phase II (Active)

- Lasts 3 hrs (avg)
- Cervix 5-7 cm
- Contractions: Moderate intensity
  - Regular rhythm
  - Frequency 3-5 mins
  - Duration 50-60 secs

Period of anxiety, change positions often!
Stage 1 – Phase III (Transition)

- Lasts ½ -2 hrs (avg)
- Cervix 8-10 cm
- Contractions: Moderate-Strong intensity
  - Regular rhythm
  - Frequency 1-3 mins
  - Duration 60-90 secs

Nausea, trembling, perspiration, rectal pressure

Strong urge to push – DON’T PUSH!!
Stage 2

- Birth of Baby
- Lasts 10 mins – 3 hrs
- Contractions: Strong intensity
  - Regular rhythm with urge to bear down (push)
  - Frequency 2 mins
  - Duration 60 - 90 secs
Stage 3

- Delivery of Placenta
- Lasts 5 – 30 mins
- Contractions: Less intense
  - Regular rhythm
  - Frequency 2 – 3 mins
References

- Slide8 health.allrefer.com
- Slide17 brooksidepress.org
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- Slide26 expatmidwife.wordpress.com
- Slide33 yourchildbirthguide.com