

## Labor and Delivery (Normal Parturition)

Labor is defined as uterine contractions resulting in progressive effacement and dilation of the cervix.

On a physiologic basis, labor can be divided into several stages:

**First stage:** From the onset until complete dilation is reached.

Latent Phase: Cervical effacement  
Variable

Active Phase: Rapid dilation  
Relatively fixed time

**Second Stage:** From complete dilation until expulsion of the fetus.

**Third Stage:** Separation and expulsion of the placenta.

Signs of placental separation:

1. Lengthening of cord
2. Gush of blood
3. Change in uterine shape

Norms:	PRIMIPARA	MULTIPARA
First Stage	8 hours	4-6 hours
Active Phase	1.2 cm/hour	1.5 cm/hour
Second Stage	2 hours	1-1.5 hours

## DESCRIPTION OF FETAL POSITION

Lie: Longitudinal; oblique; transverse  
Presentation: Cephalic; breech; shoulder  
Point of Direction: Occiput; mentum, acromion  
Asynclitism  
Attitude  
Station  
Leopold's Maneuvers

## GOVERNING FORCES OF LABOR

Powers      Passages  
Passenger    Psyche

## PELVIS

Bones: Sacrum; coccyx; innominate - ilium - ischium

Three planes exist through which the fetus must navigate:

Inlet - Midplane - Outlet

Types of Pelvis:

Gynecoid          Android

Anthropoid        Platypelloid

## **MECHANISM OF LABOR (CARDINAL MOVEMENTS)**

Must have engagement and descent throughout

1. Flexion
2. Internal rotation
3. Extension
4. External rotation or "restitution"

## **ABNORMAL FRIEDMAN'S CURVES**

Prolonged Latent Phase

Protracted Active Phase

Secondary Arrest of Labor

## **SHOULDER DYSTOCIA**

## **POSTPARTUM HEMORRHAGE**

1. Massage and express clots
2. Check for retained placenta
3. Check for lacerations and hematomas
4. Simultaneously give:
  - o Pitocin, or
  - o Methergine, or
  - o Prostaglandin
5. Hysterectomy