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

<table>
<thead>
<tr>
<th>Norms:</th>
<th>PRIMIPARIA</th>
<th>MULTIPARIA</th>
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</thead>
<tbody>
<tr>
<td><strong>First Stage</strong></td>
<td>8 hours</td>
<td>4-6 hours</td>
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<tr>
<td><strong>Active Phase</strong></td>
<td>1.2 cm/hour</td>
<td>1.5 cm/hour</td>
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<tr>
<td><strong>Second Stage</strong></td>
<td>2 hours</td>
<td>1-1.5 hours</td>
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</tbody>
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**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