



Class 2

Labour



Class 2 Labour

- Signs of Labour
- Stages of Labour
- Pain relief Options
- Positions in Labour
- When to come into the hospital
- Monitoring in Labour
- Role of your Birthing Partner

Signs that your body is Preparing for Birth

Braxton Hicks

Your womb is a giant muscle which will from time to time contract..

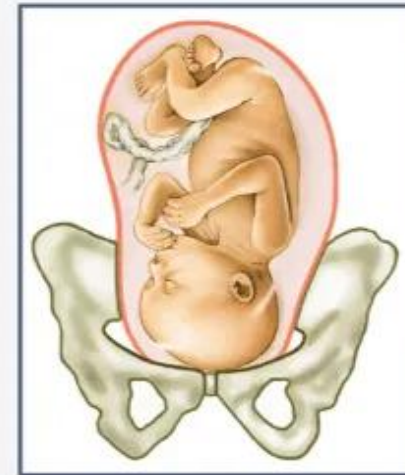
Once these contractions are **NOT** painful...
you are safe in the knowledge that they are
-Harmless, Painless tightening's...

Baby's head become engaged:

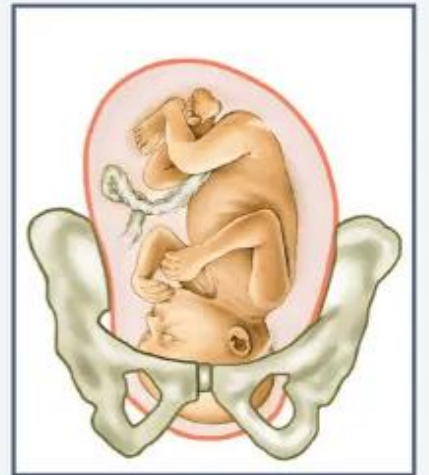
This simply means that your baby's head has moved down into the pelvis and is now in the correct position for birth.

In first pregnancies, engagement can happen anywhere
between 34 and 38 weeks.

BEFORE LIGHTENING



AFTER LIGHTENING



Signs that your body is Preparing for Birth

A Mucous Plug / Show , sits in the cervix for the duration of your pregnancy

Its function is to protect your baby from the outside world while you're expecting

If you Notice the **Mucous Plug / Show..**

> 37 weeks pregnant and your baby has been moving around as normal there is -NO need to come to hospital just yet!!!

< 37 weeks pregnant,(Pre term) -
Call the Emergency Department

Mucus Plug



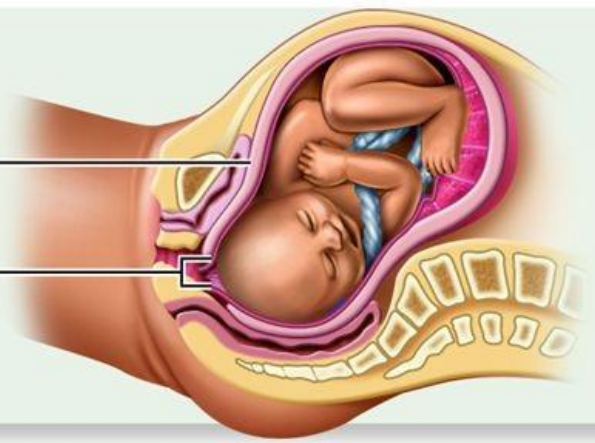
The Stages of Labour

Stage 1 (0-10cm dilated)

- Early Labour (0-3cm)
- Established Labour 3-10cm)

Uterus

Cervix

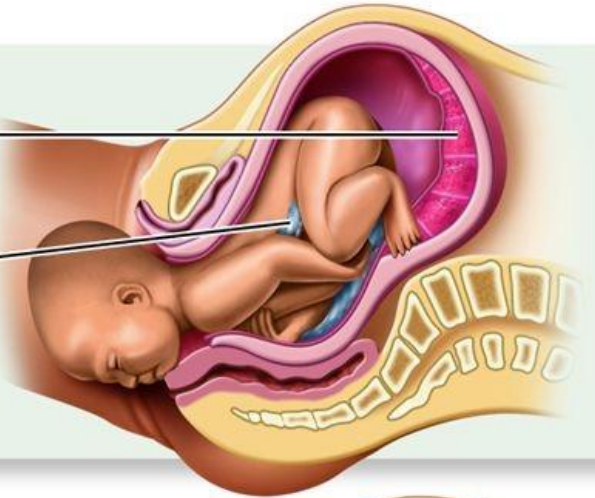


Stage 2

- Baby moving through the birth canal and being born

Placenta

Umbilical cord

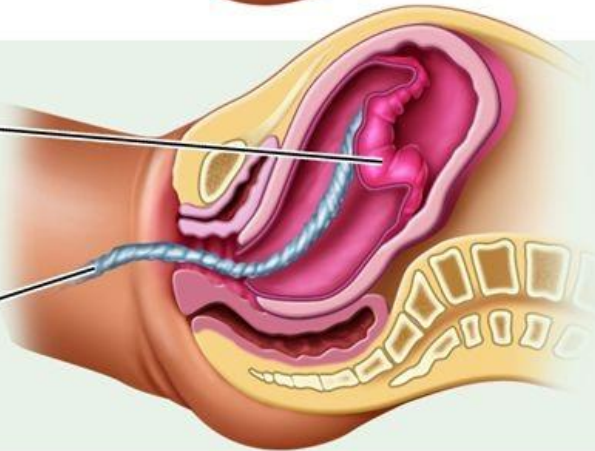


Stage 3

- Placenta being delivered

Placenta (detaching from uterus)

Umbilical cord



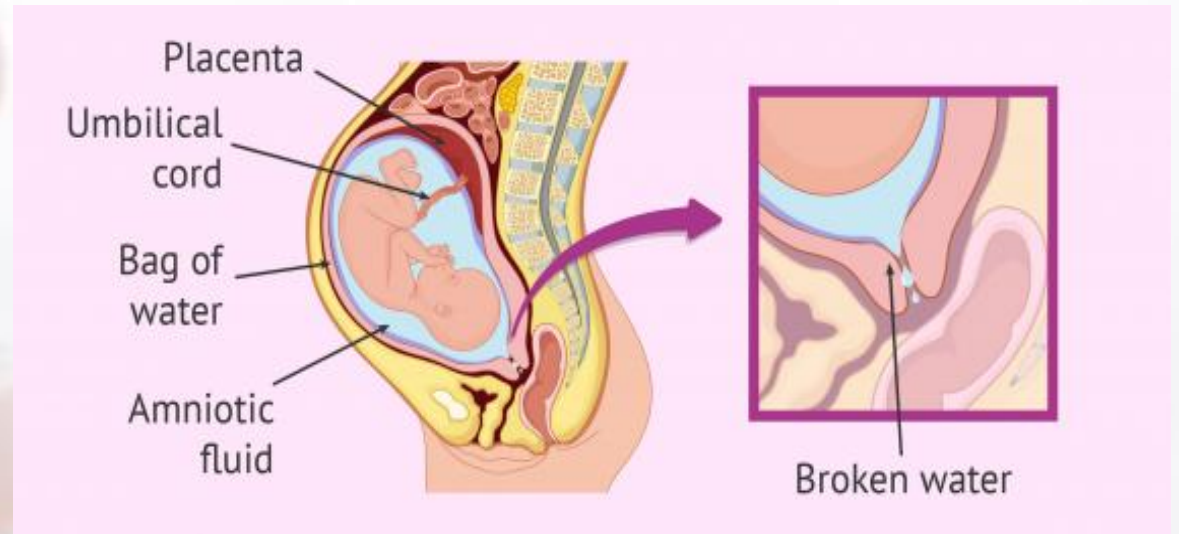
Signs Of Labour

- **Waters Breaking**
(S.R.O.M Spontaneous Rupture of Membranes)
- **Contractions**

Signs of Labour -Waters Breaking

(Spontaneous Rupture of Membranes, S.R.O.M)

- Most likely to happen with contractions(80%), Although can happen anytime (20%)
- Gush / Trickle / '**If in doubt, check it out**'
- **Colour** : Clear, Cloudy , Pale Pink, Straw
- **C.O.A.T**: **C**olour, **O** odour , **A**ctivity, **T**ime
- **Note**: Meconium / Preterm (<37weeks) / For EL LSCS or Change in Fetal Movements (come to hospital ASAP)



***Always Remember: If your waters break..... Always go to Hospital!!! ***

Signs of Labour – ‘Contractions’

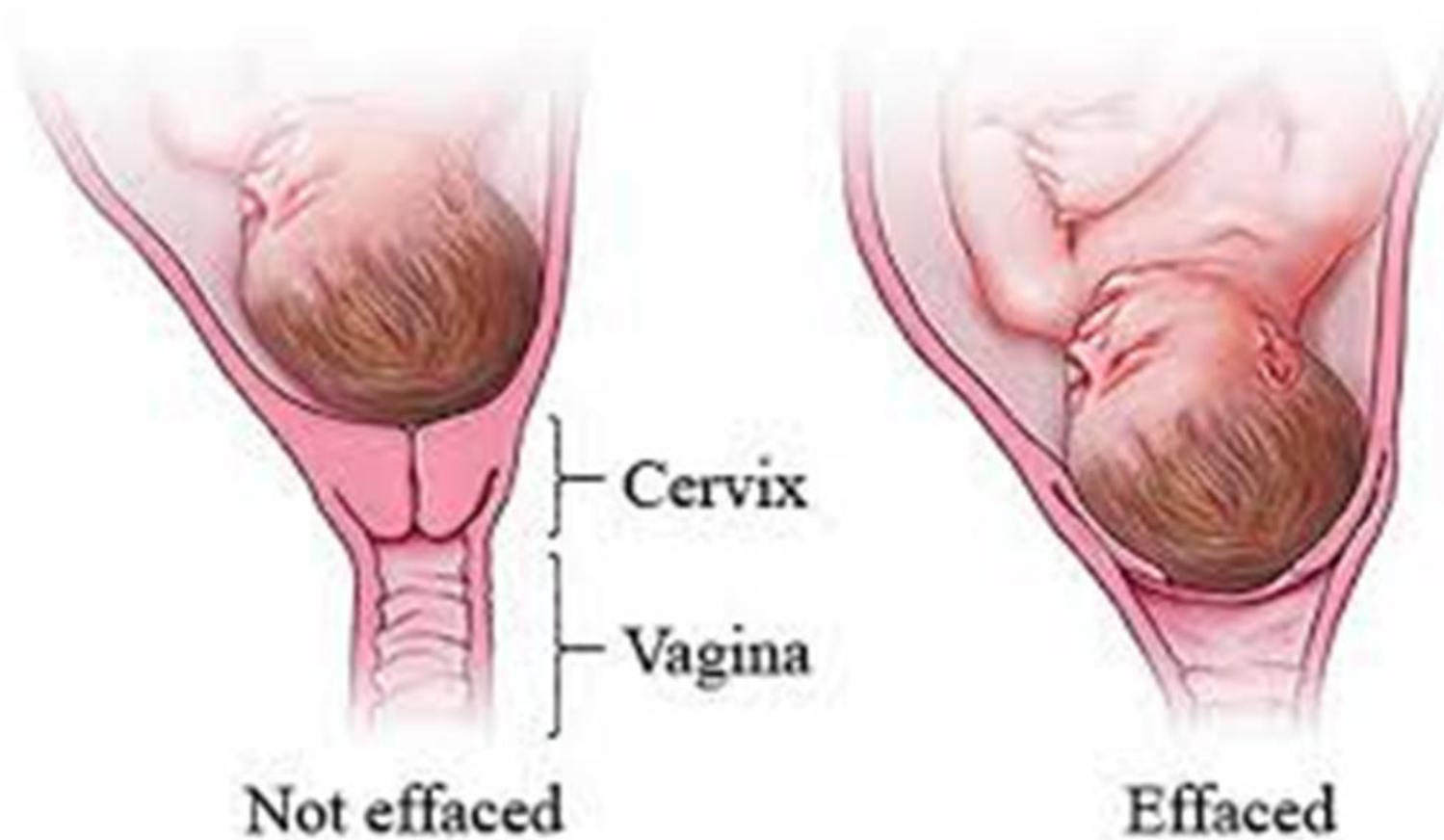
Early Labour (0-3cms)

- **IRREGULAR**
- **STOP & START**
- **INCONSISTANT** , they are short or may last a few minutes
- **CAN RELIEVE** these contractions , a change in Position , massage, walking, eating or drinking ,
- **INCREASINGLY STRONGER** over the course of the day

Please Note -If You are (Pre-term) <37weeks,
experiencing the above go straight into the Hospital

Early Labour = Effacement

Watch this: <https://youtu.be/URyEZusnjBI>



The hormones that make birth happen:



Prostaglandins



- So, What do we know about Prostaglandins?
- *Prostaglandin is the first birth hormone your body will produce*
- *It softens the neck of the womb allowing it to thin out and open when contractions begin*
- **Interestingly**, *A prostaglandin pessary is sometimes the first step in the induction process*

Oxytocin



So, what do we know about Oxytocin?

- *It is the hormone that is responsible for making **contractions happen** and **Lactation***
- *It is sometimes referred to as the “**love hormone**” or “**cuddle chemical**”.*
- *Oxytocin levels also increase when you're hugging someone laughing and when you're experiencing an orgasm.*
- **Interestingly**, An oxytocin infusion is a part of the induction process

Endorphins

So, what do we know about Endorphins?

- We produce endorphins when our bodies are under physical stress (like exercise)
- They are our bodies **natural painkillers**
- Interfere with our perception of time
- They make us **feel happy!**
- As Oxytocin increases, Endorphins increase



Adrenaline



So, what do we know about Adrenaline?

- It is produced when we are fearful, frightened or worried
- It stops the production of Oxytocin, Prostaglandins and Endorphins.
- Therefore, can slow down labour.
- Muscles need oxygen, without oxygen flowing to our womb our contractions can be less strong and more painful



'Early' First Stage: 0-3cm

What's happening physically:

Cervix is beginning to efface (thin out) and open

Contractions are approx. 30secs long, with 5-30 minutes in between (**MILD / IRREGULAR**)

Labour Hormones:

Prostaglandins
/Oxytocin/ Endorphins.
Note: Adrenaline



Possible Feelings:

- Show
- Backache
- Waters break

Excited, Impatient, Talkative

What you can do:

Stay at home

Stay relaxed

Eat light foods

Drink plenty of water

Distraction, Walking, Birthing Ball

Paracetamol, Bath or TENS

GO TO SLEEP/Rest



Pain Relief Options

- **Natural:**
Massage, Relaxation, Visualisation, Deep Breathing, Bath , TENS, Hypnobirthing
- **Complimentary Therapies :**
Aromatherapy , Acupressure, Reflexology
- **Medication:**
Paracetamol , Pethidine, Entonox, Epidural

Massage

Birth Massage



- Eases discomfort & anxiety
- Encourages production of birthing hormones
- Adapt technique to suit your needs

Practice, Practice, Practice

Relaxation : Pregnancy Yoga/Pilates

- Breathing techniques and positions for labour & Birth
- Relax your body and mind
- Improve your posture
- Build strength and stamina for Birth and Motherhood!
- Improves pelvic floor health for pregnancy, birth and post.
- Bonding with baby during pregnancy
- Manage discomfort in the mind and body
- Improves your mental health and wellbeing
- Empowers you for Birth and Motherhood!



Affirmations



just breathe



my body will
WORK
my baby will
FIT



i can
do it



Each surge
brings my
baby closer
to me



I get to
meet my
baby today



you can
do anything
for a
minute



MY PARTNER + I
ARE THE WORLDS
BEST TEAM

An Affirmation is a positive phrase or statements used to challenge negative or unhelpful thoughts.

Practicing positive affirmations can be extremely simple, and all you need to do is pick a phrase and repeat it to yourself.

Over time this phase becomes part of your thinking and your belief.

Breathing techniques

Benefits/ Purpose of Breathing Techniques:

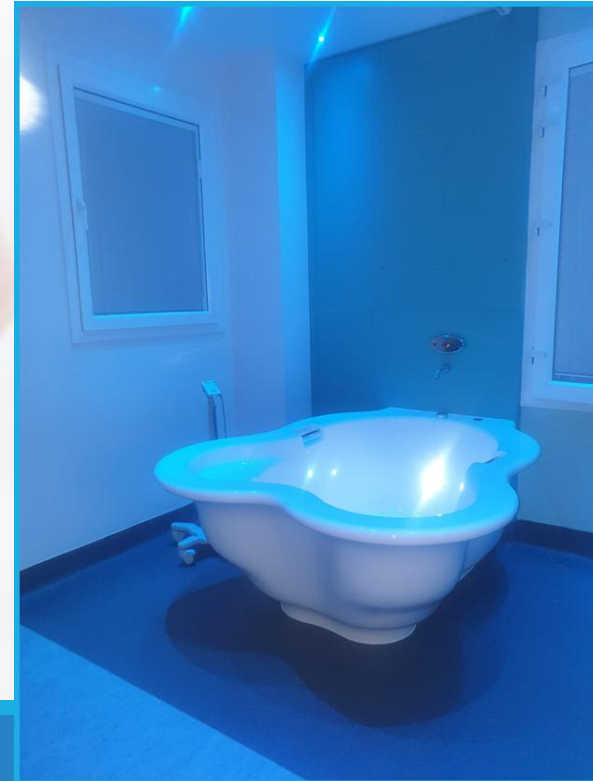
- Provides oxygen to mother, baby and hard working uterus.
- Muscles function more effectively and efficiently.
- Reduces Pain
- Promotes physical relaxation
- Reduces anxiety
- Concentrate and focus on breathing instead of her Contractions.

Excellent Resources: Pregnancy Yoga, Pilates, Hypnobirthing



Bath (Hydrotherapy)

- A Bath or Shower
- Warmth encourages relaxation > Relaxation increases Oxytocin > Oxytocin increases contractions
- Plain Water (No bubbles, No Epson salts etc)
- Water Temperature should be approx. 37°C



T.E.N.S Machine

- **Transcutaneous Electrical Nerve Stimulation**
- Suitable from early stages of Labour
- Extremely effective if used correctly
- You can stay mobile
- Won't affect your baby in any way
- Can use from >37 weeks gestation for Irregular /Regular Contractions
- Can buy online, buy in any pharmacy or borrow from a friend



Aromatherapy



What oils are safe in Pregnancy/Labour & birth

- Lavender (calming)
- Peppermint (energy)
- Mandarin (happy)
- Frankincense (focus)
- Clary-sage (waves): only to be used after 37 weeks

Options for use:

- Diffuser (plug in)
- Massage (Mixed with carrier oil)
- Bath
- Spray bottle

Acupressure

Research reports acupressure as beneficial during birthing and reduces caesarean section rate. It has also been reported to reduce the need for epidurals when used as part of an antenatal intervention

'Top Tips' from promoting acupressure use in pregnancy over the past 25 years:

- Your support people do not need to be good at massage! They just need to follow your feedback
- Start early during your birthing and experiment to find the points you prefer
- The points you find useful are likely to change as you progress through your birthing
- If the pressure feels painful or irritating, they are not right for you at this time.

(Debra Betts)

Natural pain relief techniques for childbirth using Acupressure

Promoting a natural birth and partner involvement

Acupressure

REFER TO WEBSITE:

[HTTPS://ACUPUNCTURE.
RHIZOME.NET.NZ/ACUPR
ESSURE/](https://acupuncture.rhizome.net.nz/acupressure/)



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Hypnobirthing

Hypnobirthing,
is a form of
Antenatal Education
that is Scientific,
Evidence-based and
Logical



Hypnobirthing
Is
for
everyone!



Hypnobirthing aims
to give you a Calmness
which may help you feel in
control during your
Labour and birth Journey

Why eat/drink/breathe?



If muscles don't receive energy/hydration and oxygen they don't work as efficiently and effectively

Your womb is a giant muscle



Muscles need energy



Muscles need oxygen

Muscles need hydration



Birthing Positions



THE
ROTUNDA
HOSPITAL
DUBLIN



Positions for Labour

U: Keep Upright

F: Lean slightly forward

O: Knees open

Role of your Birthing Partner

- Physical Support
- Emotional Support
- Information Support



Established First Stage of labour (3cm -10cm) 'Contractions'

- **WILL NOT STOP OR SLOW DOWN**, regardless of your activity
- **PREDICTABLE PATTERN** e.g. 1:5:1 (Consistently for 1 hour)
- **INCREASINGLY** getting **CLOSER TOGETHER**
- **INCREASINGLY** lasting **LONGER** than early contractions e.g. 45-60 seconds
- **INCREASINGLY** getting **STRONGER** than early contractions
- **BUILD UP, HAVE A PEAK, THEN REDUCE**

* Start Planning to Come into the hospital *

'Established' First Stage: 3-10cm

What's happening physically:

Cervix is now fully effaced

- Thinned out and
- between 3cm and 10 cm dilated

Contractions

- lasting 60 seconds and are from 3-5 mins apart

- 1:5:1 (Consistently for 1 hour)

*** Start Planning to Come into the hospital**

Possible feelings:

Stronger more frequent contractions sometimes radiating to back or legs.

Talkative excitement turns to seriousness & concentration

Face Flushed

Can be preoccupied or restless

Wants companionship

What can you do:

Bath, Walking, Change positions, TENS, Deep Breathing

Concentrate on one contraction at a time, when it is over.. Let it go, You will never see it again and you will be one contraction closer to the birth of your baby

Remember to urinate frequently

Drinks fluids

Admission procedure

- **Everyone :Checks In** at the Admission Desk/ Reception
- Is seen then in the **Emergency Department**
- **What Happens Next :**
Home/ Early Labour ward / Delivery Suite



Monitoring in Labour

Monitoring in Early phase Vs Established phase of Labour

Low risk: Intermittent FH monitoring

- 1st Stage of Labour : Every 15mins for 1min
- 2nd Stage of Labour : Every 5mins for 1min

High risk: Continuous Fetal Monitoring

- GIDDM, Preterm, Meconium, Epidural, Oxytocin , Fetal distress, VBAC, Twins

Wireless Continuous Monitors available

Everyone

- Vital Signs: BP/T/R/HR (hourly)
- Vaginal Examinations (2 hourly)



Pain Relief Options In Labour

- Pethidine
- Entonox
- Epidural

Pethidine Injection

- A synthetic opioid, pain medication
- Available in the early stages of labour (0-4cm dilated)
- Lasts approx. 2-4 hours in your system
- Given as injection with anti-sickness medicine
- It **does** pass through the placenta (and may cause drowsiness)
- Will dampen the feeling of discomfort experienced from each contraction



Pethidine Injection

Benefits

In the unlikely event that the early phase of your Labour is quite long....
and you are requesting something stronger than natural options
this is something we can offer you.

Concern's women might have

We know it passes through the placenta (and may cause drowsiness)...
therefore we have parameters in place to keep things safe:

Correct dose / CTG pre pethidine / No later than approx. Cervix 4cm dilated.



Entonox Gas (Laughing Gas)

- 50% Nitrous Oxide / 50% Oxygen
- Suitable when Cervix is >3cm dilated
- Immediate acting (so use during each contraction)
- Does pass through placenta but has no adverse effects on baby
- Will dampen the feeling of discomfort experienced from each contraction



Entonox Gas (Laughing Gas)

Benefits:

Immediate acting

Can keep moving, standing, walking , birthing ball

Can use alongside TENS

When in the Labouring Pool

Common Side effects :

- laughing / Giggle's
- The Spins
- Dry Mouth
- Nausea / Vomiting

-The spins can @ times lead to nausea, especially if you usually suffer with motion sickness.

However, these side effects generally don't last longer than approx. 10-15 mins.



Epidural

- Regional Anesthetic Block
- Sited by Anesthetist
- Designed to block discomfort completely
- Suitable when Cervix is >3cm dilated
- Can no longer be mobile once sited



Epidural

Benefits:

- Working well after 20-30 minutes
- Aims to provide complete regional block removing any discomfort experienced from contractions.
- You will be able to Move, Feel touch, Feel pressure and Feel NO PAIN

Concerns women might have:

- IV line
- Stay in bed
- Urinary Catheter
- Continuous CTG monitoring

Some Associated Risks

- 1: 100 women can develop a severe headache in the days following birth (as a post-dural puncture headache or epidural headache)
- It might not always work the way you are hoping it will (patchy epidurals)
- 1:100,000 women may experience nerve damage



Spinal Anaesthetic

What is a Spinal anaesthetic?

- **A Spinal Anaesthetic** allows you to have a Caesarean delivery while **you are awake without feeling pain**
- Where as under a general anaesthetic (**G.A**) you would be **asleep**.
- A Spinal Anaesthetic is given as **one single injection** between the bones of your back
- The anaesthetic blocks pain messages in the nerves. You will be numb from your chest down and you will **not be able to move your legs**.
- A Spinal anaesthetic is the **most common method of anaesthesia for a C-Section**.



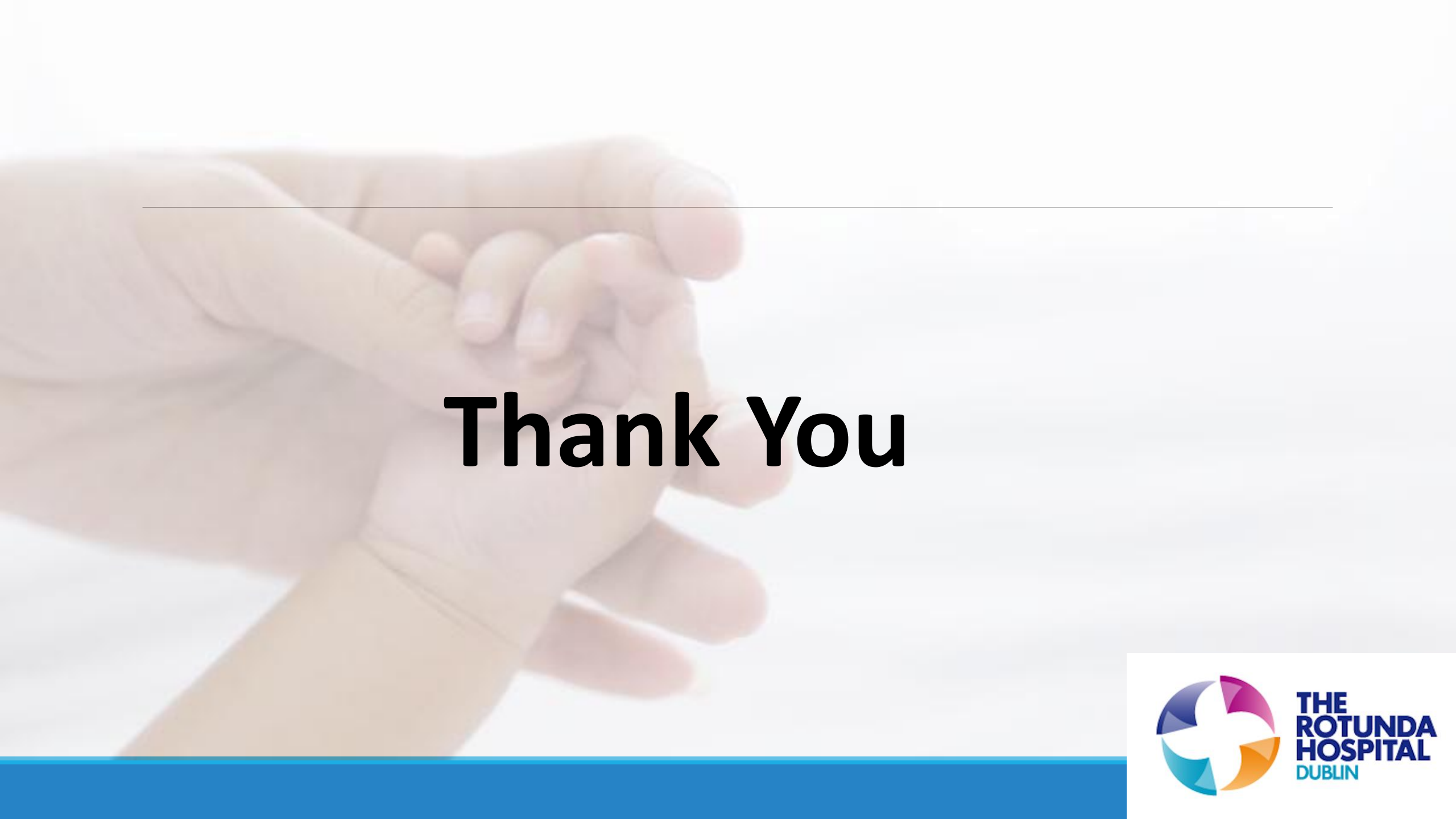
As Always ! Useful Resources & Links

Rotunda Website : <https://rotunda.ie/parent-education/resources/>

Class 2 'Labour' & Resources and Links Button

&

H.S.E : MyPregnancy Book



Thank You