

Conduct of vaginal delivery



I. Preparation

1. Maternal position:

With the exception of avoiding supine position, the mother may assume any comfortable position for effective bearing down.

Semi-recumbent or

Supported sitting position, with the thighs abducted

2. PERINEAL CLEANSING

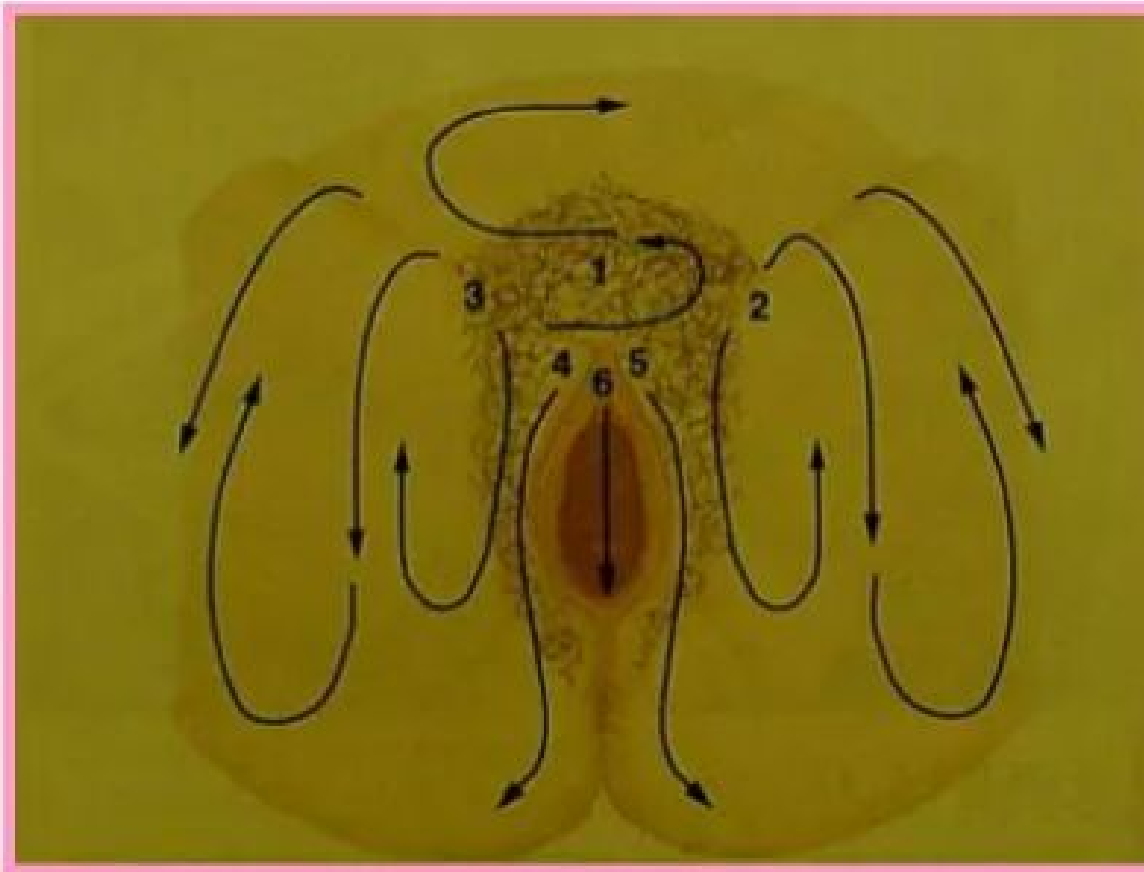
When delivery is imminent skin over the lower abdomen, vulva, anus and upper thigh is cleansed with antiseptic solution and draped.



POSITIONING FOR DELIVERY

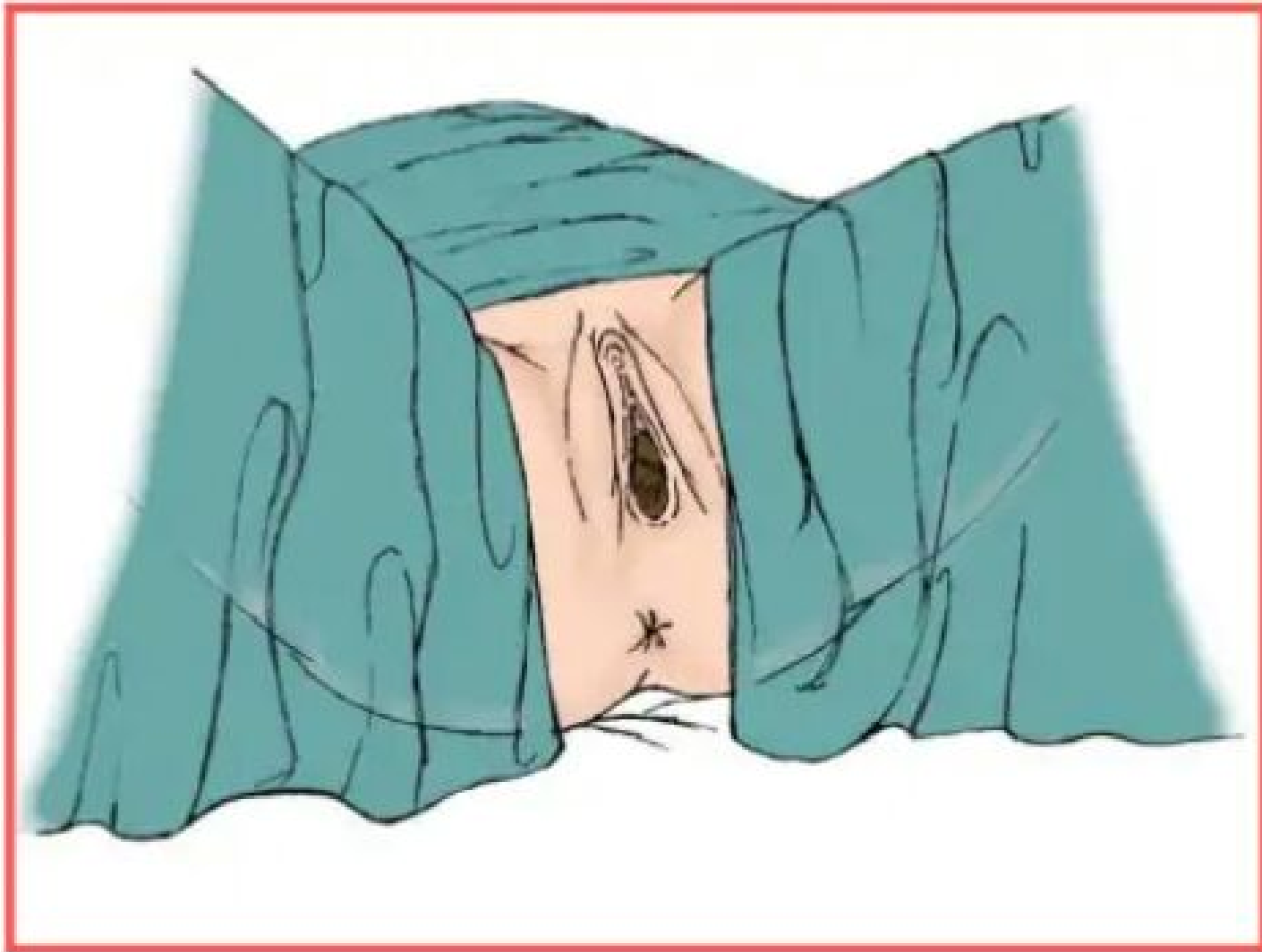


PERINEAL CLEANSING



Need 6 swab balls
Clean sequentially
as shown by the
numbers
Clean according to
the direction
shown by the
Arrows

CREATE A STERILE FIELD AROUND THE VAGINAL OPENING



II. Observation

1. Maternal conditions

Emotional condition
pulse quarter-hourly
bloods pressure hourly

2. Fetal conditions

FHR: either continuously or after each contraction.
Liquor: meconium staining.

3. Uterine contractions

Strength
Duration
Frequency, assessed continuously.

4. The progress of descent

every 30 minutes

III. CONDUCTING THE DELIVERY

1. DELIVERY OF THE HEAD

- 1) Control the delivery of the head to prevent laceration
- 2) Episiotomy if required
- 3) Ritgen's method
- 4) Clear the airway after delivery of the head



Modified Ritgen Maneuver

As crowning occurs: exert forward pressure on the chin of the fetus through the perineum just in front of the coccyx.

Concurrently, the other hand exerts pressure superiorly against the occiput

- Instruct the mother to focus on her breathing. Have her “breathe heavily” to help her stop pushing and prevent a forceful birth.



Figure 20-4 Place your hand on top of the baby's head and apply light pressure.

- Ask the woman to pant or give only small pushes with contractions as the baby's head delivers
- To control birth of the head, place the fingers of one hand against the baby's head to keep it flexed (bent)
- Continue to gently support the perineum as the baby's head delivers



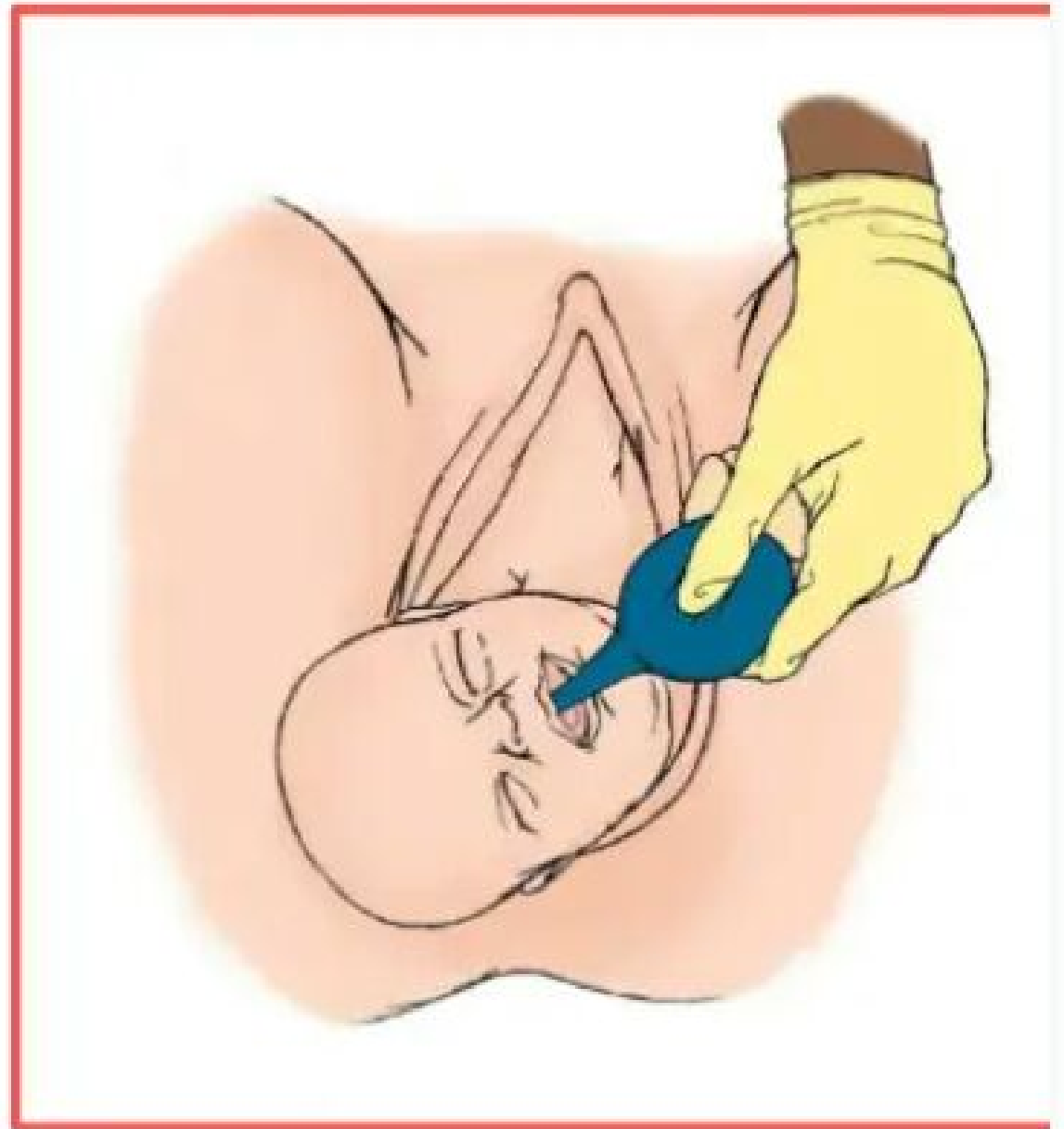
DELIVERY OF THE HEAD



ABOUBAKR ELNASHAR

Head is delivered by extension

- **Once the baby's head delivers, ask the woman not to push**
- **Suction the baby's mouth and nose**



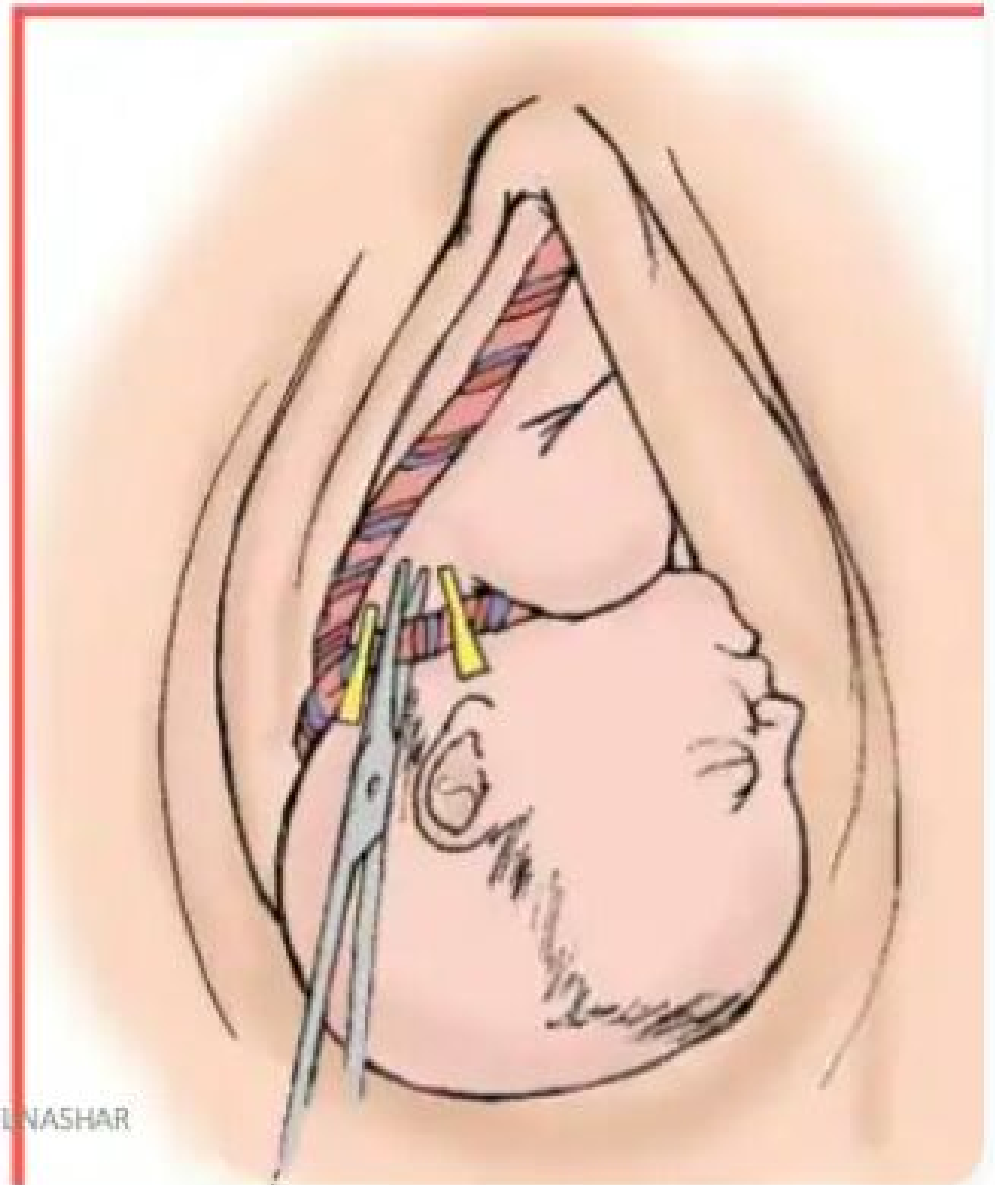


ABOUBAKR ELNASHAR

CORD AROUND THE NECK

Feel around the baby's neck for the umbilical cord

- If the cord is around the neck, attempt to slip it over the baby's head
- If the cord is tight around the neck, doubly clamp and cut it before unwinding it from around the neck



- As the head emerges, the baby will turn to one side (for easier passage of shoulders through birth canal)
- Note the time, if possible

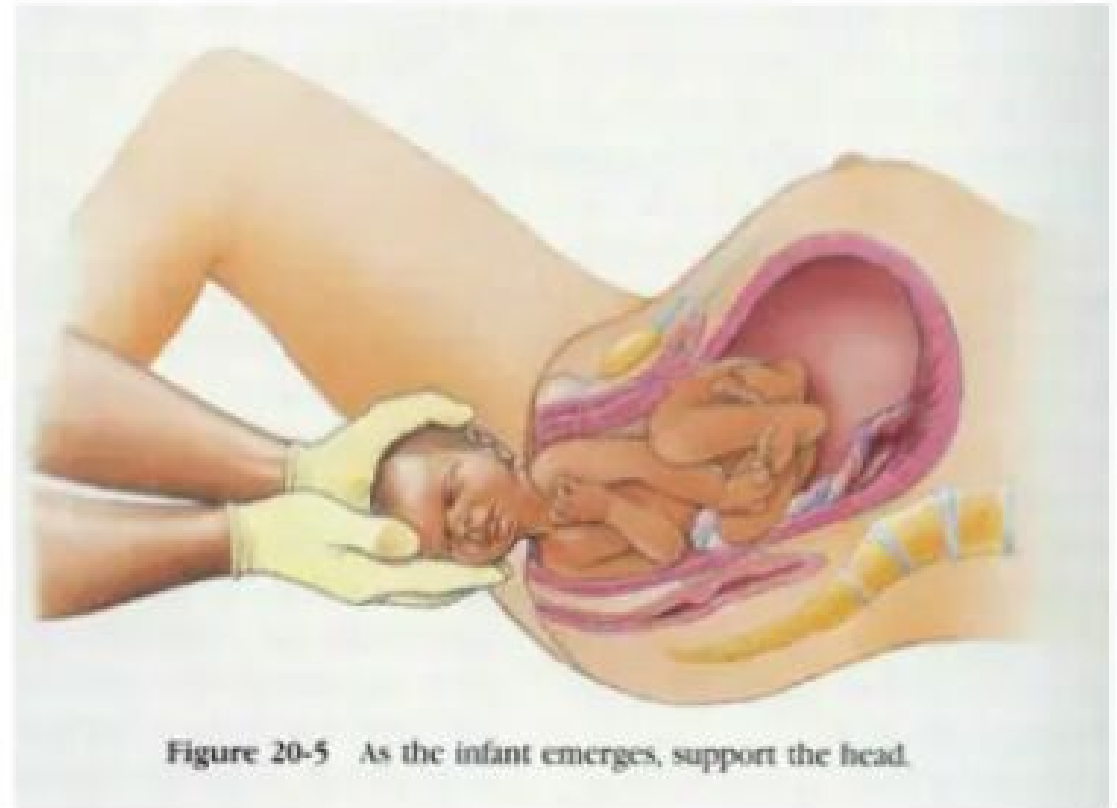


Figure 20-5 As the infant emerges, support the head.

- Allow the baby's head to turn spontaneously.
- After the head turns, place a hand on each side of the baby's head.
- Tell the woman to push gently with the next contraction.
- **Reduce tears by delivering one shoulder at a time**

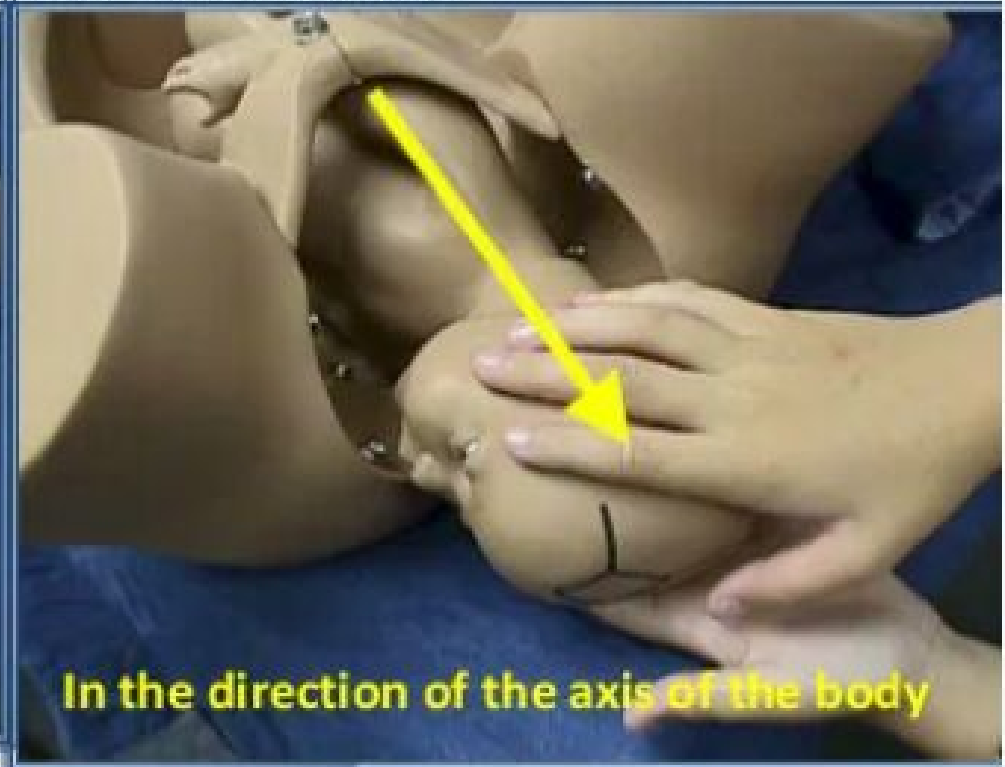
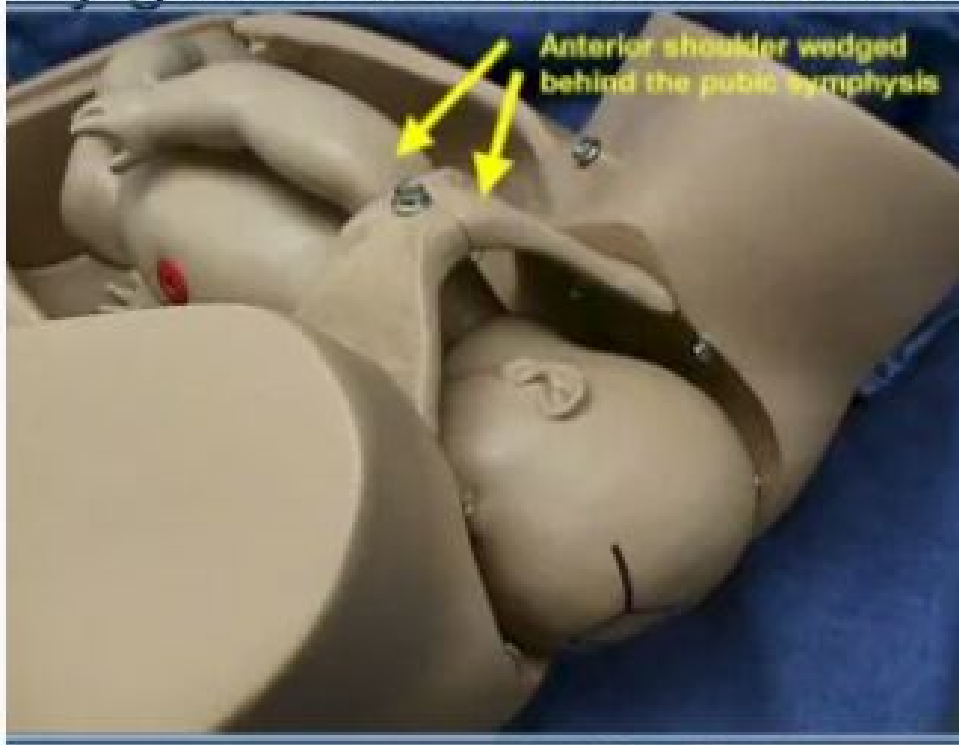


DELIVERY OF FETAL HEAD WITH ROL POSITION



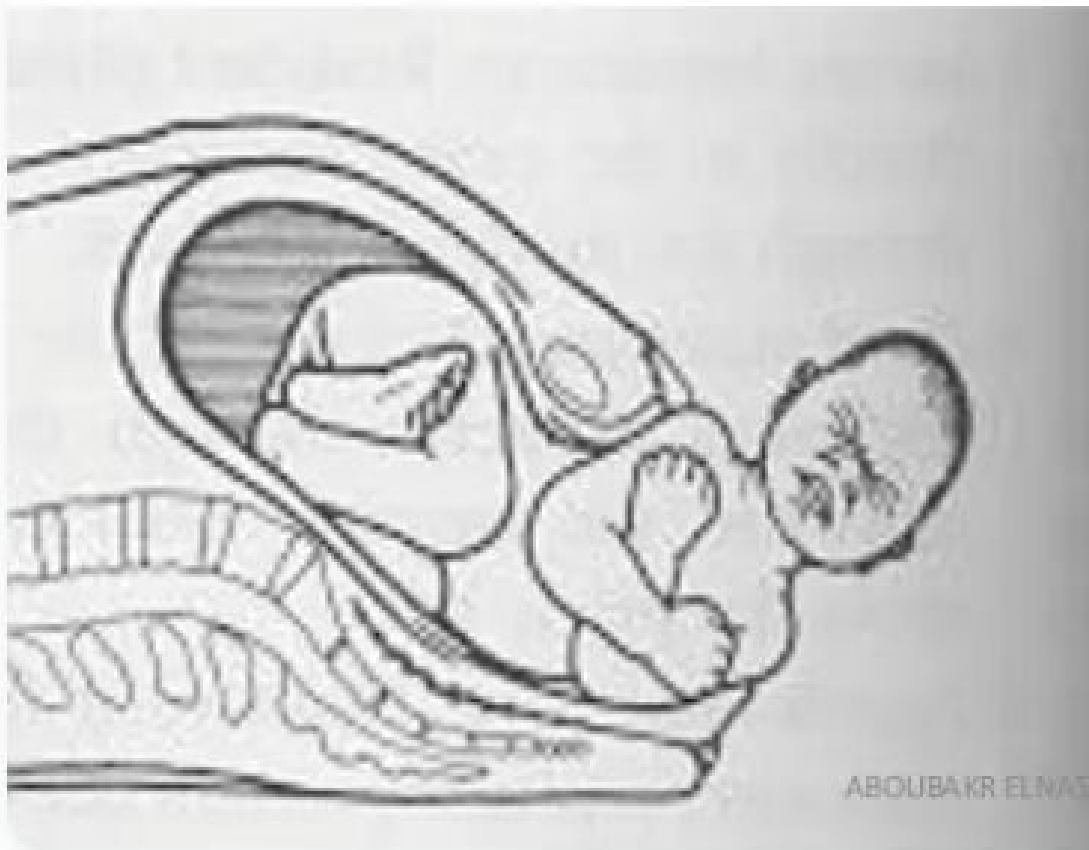
2. Delivery of the anterior shoulder

by gentle downward traction on the head.



3. DELIVERY OF POSTERIOR SHOULDER

by elevating the head.
Support the rest of the baby's body with one hand as it slides out





ABOUBAKR ELNASHAR

4. DELIVERY OF THE TRUNK

- ✓ After the delivery of the shoulders the baby is grasped around the chest to aid the birth of the trunk.
- ✓ Finally, the body is slowly extracted by traction on the shoulders and lifts the baby towards the mother's abdomen.
- ✓ The time of delivery is noted.

BABY DELIVERED



ABOUBAKR ELNASHAR

5. CLAMPING AND CUTTING THE UMBILICAL CORD

After delivery

wait 15 to 20 seconds before clamping and cutting the umbilical cord.

After cutting the cord a plastic crushing clamp is placed on the cord 1 to 2 cm from the umbilicus and the cord is cut again 1 cm beyond the clamp.



Clamping, cutting and tying Of umbilical cord



- Ask the woman to pant or give only small pushes with contractions as the baby's head delivers
- To control birth of the head, place the fingers of one hand against the baby's head to keep it flexed (bent)
- Continue to gently support the perineum as the baby's head delivers

