

Childbirth

Student's Name: _____

Date: _____

√	Performance Step(s)	Comment(s)
	Apply BSI.	
	Remove clothing that obstructs the vaginal opening.	
	If possible, clean vaginal area with antiseptic towelettes. Wipe in an anterior to posterior motion.	
	Using sheets, drape delivery area leaving the vaginal opening exposed.	
	As the baby's head presents, support the head and apply slight counter-pressure. Spread your fingers across the head avoiding the fontanelles.	<i>This counter pressure prevents rapid birth, which may cause trauma to the vaginal area.</i>
	Make sure the membrane (amniotic sac) surrounding the baby has ruptured. If not, gently puncture the sac with your fingers removing it from the baby's face.	
	Once the head has delivered, quickly suction the baby's mouth then nose.	
	If the umbilical cord is wrapped around the baby's neck, gently remove it. If you cannot free the cord from around the neck, clamp the cord in 2 places and cut between the clamps.	
	After the head, the anterior shoulder will deliver first. As the anterior shoulder delivers, apply gentle downward pressure.	
	After the anterior shoulder, the posterior shoulder will deliver. As the posterior shoulder delivers, apply gentle upward pressure.	
	Support the trunk and feet as the rest of the baby delivers. After delivery, dry off the baby and continue to monitor the airway, suctioning as needed. Wrap the baby in blankets to conserve warmth.	<i>Babies are very slippery!</i>
	Keep the baby at the same level as the vagina until the umbilical cord stops pulsating.	
	To cut the cord, place an umbilical clamp 10 inches from the baby. Place the 2 nd clamp about 7 inches from the baby. Cut the cord between the 2 clamps.	
	Note the time of birth.	
	Placental delivery usually begins several minutes after delivery of the baby. Do not pull or tug on the umbilical cord!	<i>The placenta will expel on it's own. Remember to save the placenta, as the receiving physician will want to examine it.</i>
	Constantly monitor the mother and baby during transport to the hospital.	
	Document all pertinent information.	

