Triggers for Labor

- Oxytocin/pitocin
- Breaking of Amniotic Sac
- Hypothalamus and Pituitary Gland of Fetus

Stage 1: Labor

- 12-24 hours
- First uterine contractions until cervix is 10 cm wide
- Latent
- Active
- Transition

Contractions

- Braxton Hicks
- Uterine contractions
- Dilation
- Effacement

Stage 2: Transitional Stage

- Crowning
- 15 minutes - 1 1/2 hours
- Birth of baby
- Vertex position
Stage 3: Expulsion of afterbirth
• 5-10 minutes
• Expulsion of Placenta and umbilical cord

Apgar Scale
• Newborn screening - 1 and 5 minutes after birth
• Score from 0 to 10 (2 points per subscale)
• 5 Subscales
  – Heart rate
  – Respiration
  – Muscle tone
  – Body color
  – Reflexes
Reflexes

- Reflexes: an inborn, automatic response to a particular form of stimulation
- Moro
- Swimming
- Babinski

Stepping Reflex

Palmar Grasp

Rooting Reflex
Pain Control

- Analgesics
  - Narcotics
- Sedatives
- Anesthesia
  - Partial
  - General
- Epidural/Spinal

Other Medical Interventions

- Induction
  - AROM
  - Pitocin
- Cesarean Section

Epidural

C-sections

- Horizontal incision
- Vertical incision
C-sections

Childbirth Methods

- Lamaze
  - To promote normal, natural, healthy and fulfilling childbirth
  - Education, advocacy, reform
- Bradley
  - Partner as coach
  - Natural childbirth
  - Nutrition
  - Natural breathing
  - Breastfeeding

Childbirth Methods

- LeBoyer
  - Waterbirth
  - Less energy usage & pain
  - Gentle transition

Childbirth

- Doulas
- Midwives
Transition to Postnatal Life

- Respiration
- Temperature Regulation
- Eating/digestion
- Elimination
  - Meconium

Behavioral State

- Organized pattern of physical and physiological responding that is related to level of activation/arousal.
  - Quiet Sleep
  - Active Sleep
  - Drowsiness
  - Quiet Alert
  - Active Alert
  - Crying

Response to Stimulation

- Orienting response: heightened alertness of individual that includes behavioral localization toward source of stimulation.
- Defensive response: behavioral action that involves withdrawal from the source of stimulation.