

# WHO LABOUR CARE GUIDE

Name **Aida** Parity **2** Labour onset **Spontaneous** Active labour diagnosis [Date **May 12, 2023** ]  
 Ruptured membranes [Date **May 12, 2023** Time **04:00** ] Risk factors **Short birth interval; anaemia; history of 4th degree tear**

		Time	09 : 00	10 : 00	11 : 00	12 : 00	13 : 00	:	:	:	:	:	:	:	:	:	13 : 15	13 : 20	:	
		Hours		1	2	3	4	5	6	7	8	9	10	11	12		1	2	3	
		ALERT	← ACTIVE FIRST STAGE →												← SECOND STAGE →					
SUPPORTIVE CARE	Companion	N	Y	Y	Y	Y	Y										Y			
	Pain relief	N	D	D	Y	D	D										D	BIRTH		
	Oral fluid	N	N	Y	Y	Y	Y										Y			
	Posture	SP	MO	MO	MO	SP	MO										MO			
BABY	Baseline FHR	<110, ≥160	120	120	136	140	130	136	140	130	140						126			
	FHR deceleration	L	E	N	N	V	N	N	N	N	E						N			
	Amniotic fluid	M+++ , B	C								C						C			
	Fetal position	P,T	T								A									
	Caput	+++	0								+									
	Moulding	+++	0								++									
WOMAN	Pulse	<60, ≥120	80							88										
	Systolic BP	<80, ≥140	120							100										
	Diastolic BP	≥90	70							70										
	Temperature °C	<35.0, ≥37.5	36.8							37										
	Urine	P++, A++	-/-							-/-										
LABOUR PROGRESS	Contractions per 10 min	≤2, >5	3	3	3	3	4	4	4	4							4			
	Duration of contractions	<20, >60	40	30	30	35	40	40	40	45	45						45			
	Cervix [Plot X]	10									X							P		
		9	≥ 2h																	
		8	≥ 2.5h																	
		7	≥ 3h																	
		6	≥ 5h																	
	5	≥ 6h	X																	
	Descent [Plot O]	5																		
		4																		
3			0																	
2																				
1																				
0									0											
MEDICATION	Oxytocin (U/L, drops/min)	N	N	N	N	N	N										N			
	Medicine	N	N	N	N	N	N										N			
	IV fluids	N	N	N	N	N	N										N			
SHARED DECISION-MAKING	ASSESSMENT	OT; maternal and fetal status OK	Maternal and fetal status OK	Maternal and fetal status OK	Maternal and fetal status OK	Maternal and fetal status OK	Urge to push. Maternal and fetal status OK													
	PLAN	Offer fluids; enc. mobility; rtn monitoring	Rtn monitoring	Rtn monitoring	Enc. mobility; rtn monitoring	Rtn monitoring; begin pushing														
INITIALS		SS	SS	SS	SS	SS											LE			

INSTRUCTIONS: CIRCLE ANY OBSERVATION MEETING THE CRITERIA IN THE 'ALERT' COLUMN, ALERT THE SENIOR MIDWIFE OR DOCTOR AND RECORD THE ASSESSMENT AND ACTION TAKEN. IF LABOUR EXTENDS BEYOND 12H, PLEASE CONTINUE ON A NEW LABOUR CARE GUIDE.  
 Abbreviations: Y – Yes, N – No, D – Declined, U – Unknown, SP – Supine, MO – Mobile, E – Early, L – Late, V – Variable, I – Intact, C – Clear, M – Meconium, B – Blood, A – Anterior, P – Posterior, T – Transverse, P+ – Protein, A+ – Acetone  
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