

	Time	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00		:	:	:	
	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	D				N				Y			Y				
	Pain relief	N	D				D				N			N				
	Oral fluid	N	Y				N				Y			Y				
	Posture	SP	MO				SP				SP			SP				
BABY	Baseline FHR	<110, ≥160	142	138		152	136		142		158			138				
	FHR deceleration	L																
	Amniotic fluid	M+++, B	C				M+				M			M				
	Fetal position	P,T	A				A				A			A				
	Caput	+++												+				
	Moulding	+++												+				
WOMAN	Pulse	<60, ≥120	82				88				82			92				
	Systolic BP	<80, ≥140	124				118				116			106				
	Diastolic BP	≥90	72				68				64			56				
	Temperature °C	<35.0, ≥37.5	37				37.6				37.8			38.5				
	Urine	P++, A++	-/-				A3+/P-				A+/P-			A-/P-				
	Contractions per 10 min	≤2, >5	2				1				2			2				
	Duration of contractions	<20, >60	10				20				10			20				
LABOUR PROGRESS	Cervix [Plot X]	10																
		9	≥ 2h															
		8	≥ 2.5h															
		7	≥ 3h															
		6	≥ 5h				X			X			X					
		5	≥ 6h	X														
	Descent [Plot O]	5		0				0				0			0			
		4																
		3																
		2																
		1																
		0																
MEDICATION	Oxytocin (U/L, drops/min)																	
	Medicine																	
	IV fluids																	
SHARED DECISION-MAKING	ASSESSMENT																	
	PLAN																	
	INITIALS																	