

WHO LABOUR CARE GUIDE

Name **Elizabeth**

Parity **3**

Labour onset **Spontaneous**

Active labour diagnosis [Date **Jan 23, 2023**]

Ruptured membranes [Date **Jan 23, 2023** Time **04:00**] Risk factors **Anaemia**

		Time	06 : 00	07 : 00	08 : 00	09 : 00	:	:	:	:	:	:	:	:	:	:	:	09 : 15	09 : 45	:	
		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			
	Pain relief	N	N	Y	Y	Y												Y	BIRTH		
	Oral fluid	N	Y	Y	Y	D												Y			
	Posture	SP	MO	MO	MO	MO												MO			
BABY	Baseline FHR	<110, ≥160	140	136	132	148	133	145	138									128	118		
	FHR deceleration	L	N	N	V	N	N	N	N									E	E		
	Amniotic fluid	M+++ , B	C				C		C									C			
	Fetal position	P,T	P						P									P			
	Caput	+++	0						0									0			
	Moulding	+++	0						+									+			
WOMAN	Pulse	<60, ≥120	86																		
	Systolic BP	<80, ≥140	132																		
	Diastolic BP	≥90	72																		
	Temperature °C	<35.0, ≥37.5	37.3																		
	Urine	P++, A++	-/-				-/-														
LABOUR PROGRESS	Contractions per 10 min	≤2, >5	3	3	3	3	4	3	4									4	4		
	Duration of contractions	<20, >60	40	40	40	40	50	45	50									50	50		
	Cervix [Plot X]	10							X										P	P	
		9	≥ 2h																		
		8	≥ 2.5h																		
		7	≥ 3h	X																	
		6	≥ 5h																		
	Descent [Plot O]	5																			
		4																			
		3																			
2			O																		
0								O													
MEDICATION	Oxytocin (U/L, drops/min)		N	N	N	N												N			
	Medicine		N	N	N	N												N			
	IV fluids		N	N	N	N												N			
SHARED DECISION-MAKING	ASSESSMENT		Needs pain relief. OP. Good support. Findings normal	Good support. Findings normal	Good support. Findings normal	Urge to push. In second stage.												NORMAL PROGRESS			
	PLAN		Offer pain options Support labour. Dr A consult.	Support labour. Rtn monitoring	Support labour. Rtn monitoring	Encourage liquids. Begin pushing												Labour support			
INITIALS			SE	SE	SE	SE												GP	GP		

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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