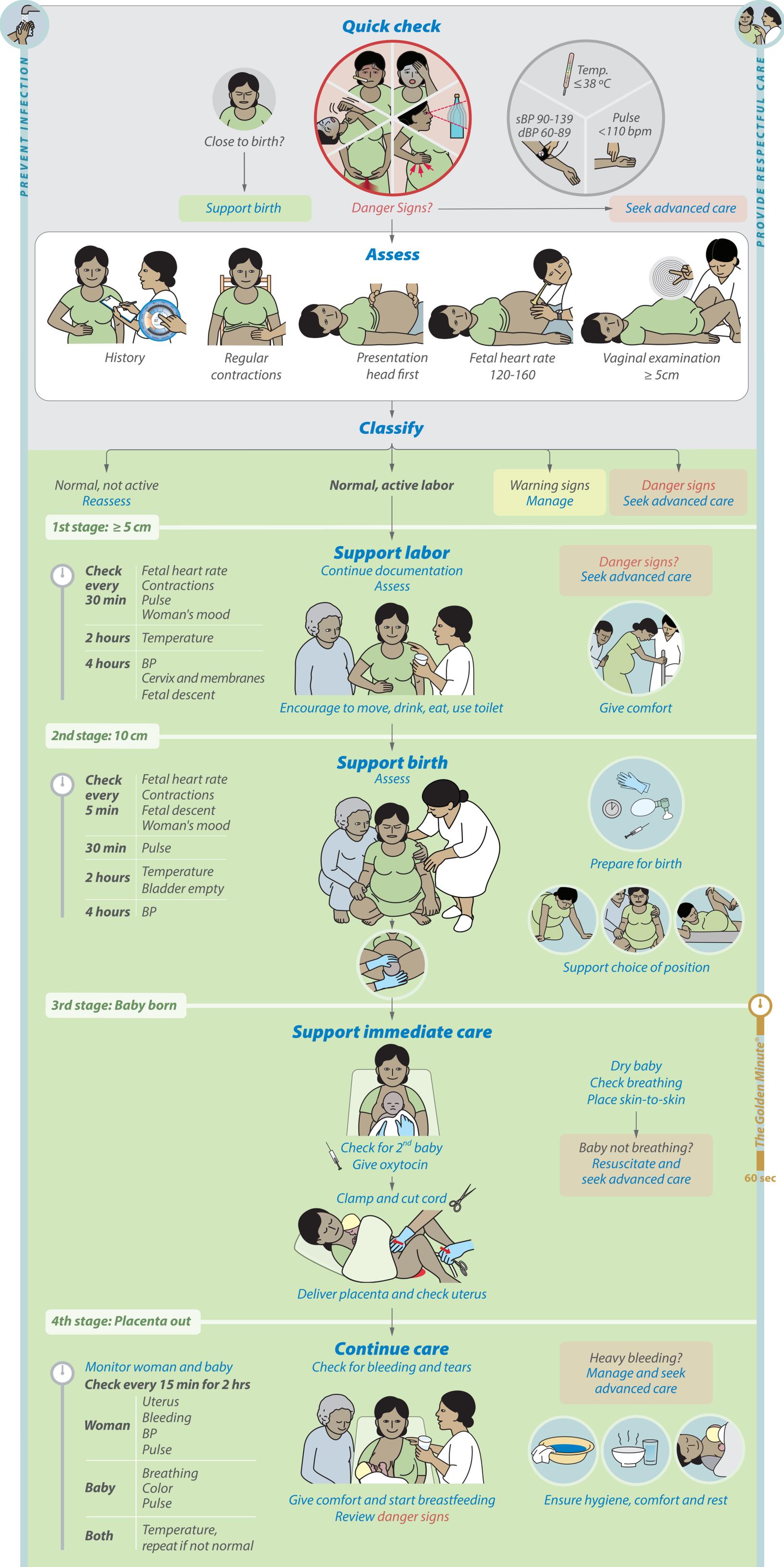


Essential Care for Labor & Birth

ACTION PLAN

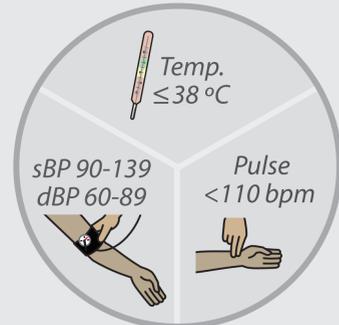


Quick check

Close to birth?
↓
Support birth

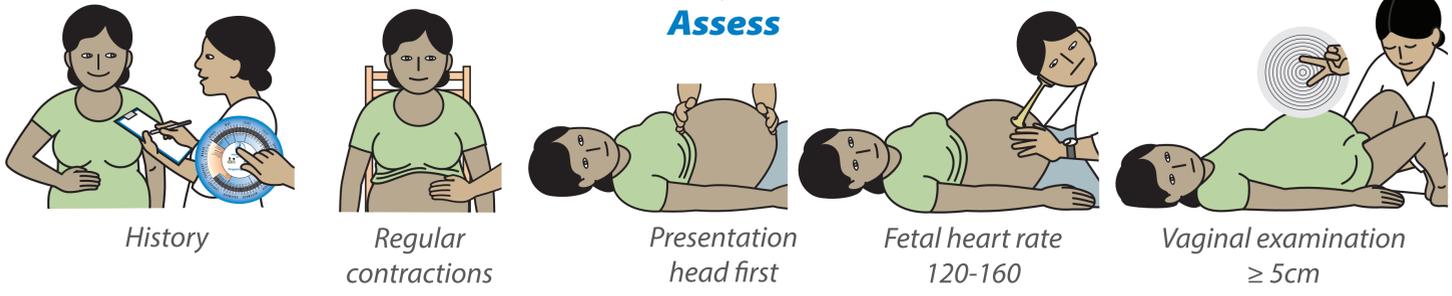


Danger Signs?



Seek advanced care

Assess



Classify

Normal, not active
Reassess

Normal, active labor

Warning signs
Manage

Danger signs
Seek advanced care

1st stage: ≥ 5 cm

Check every 30 min	Fetal heart rate Contractions Pulse Woman's mood
2 hours	Temperature
4 hours	BP Cervix and membranes Fetal descent

Support labor
Continue documentation
Assess



Encourage to move, drink, eat, use toilet

Danger signs?
Seek advanced care

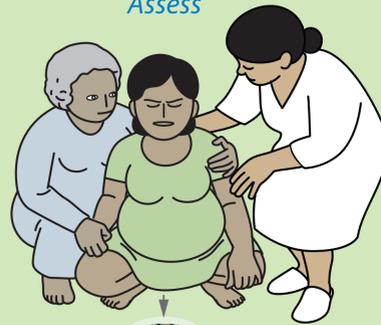


Give comfort

2nd stage: 10 cm

Support birth
Assess

Check every 5 min	Fetal heart rate Contractions Fetal descent Woman's mood
30 min	Pulse
2 hours	Temperature Bladder empty
4 hours	BP



Prepare for birth



Support choice of position

3rd stage: Baby born

Support immediate care



Check for 2nd baby
Give oxytocin

Clamp and cut cord



Deliver placenta and check uterus

Dry baby
Check breathing
Place skin-to-skin

Baby not breathing?
Resuscitate and seek advanced care

4th stage: Placenta out

Continue care
Check for bleeding and tears

Monitor woman and baby
Check every 15 min for 2 hrs

Woman	Uterus Bleeding BP Pulse
Baby	Breathing Color Pulse
Both	Temperature, repeat if not normal



Give comfort and start breastfeeding
Review danger signs

Heavy bleeding?
Manage and seek advanced care



Ensure hygiene, comfort and rest

The Golden Minute®
60 sec