

WHO LABOUR CARE GUIDE

Name **Zakia** Parity **0** Labour onset **Spontaneous** Active labour diagnosis [Date **June 7, 2023**]

Ruptured membranes [Date **June 7, 2023** Time **11:00**] Risk factors **Iron-deficiency anaemia**

		Time	07 : 00	08 : 00	09 : 00	10 : 00	11 : 00	12 : 00	:	:	:	:	:	:	:	12 : 45	12 : 58	:
		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								Y		
	Pain relief	N	D	N	Y	D	Y	D								Y	BIRTH	
	Oral fluid	N	Y	Y	D	D	Y	D								Y		
	Posture	SP	MO	MO	MO	SP	MO	SP								MO		
BABY	Baseline FHR	<110, ≥160	145	138	123	154	155	162	117	126	135	143	158	170		160	160	
	FHR deceleration	L	N	N	N	N	E	E	N	N	N	N	N	V		N	N	
	Amniotic fluid	M+++ , B	I								M+	M+	B					
	Fetal position	P,T	P								T		A					
	Caput	+++									+	++						
	Moulding	+++									+	++						
WOMAN	Pulse	<60, ≥120	88							97	104							
	Systolic BP	<80, ≥140	117							130	135							
	Diastolic BP	≥90	73							80	82							
	Temperature °C	<35.0, ≥37.5	36.5							36.9	36.9							
	Urine	P++, A++	-/-							-/-								
LABOUR PROGRESS	Contractions per 10 min	≤2, >5	3	3	3	3	3	3	4	4	4	4	4	5		5		
	Duration of contractions	<20, >60	30	30	30	30	40	30	40	40	40	40	40	45		45		
	Cervix [Plot X]	10												X				
		9	≥ 2h															
		8	≥ 2.5h								X							
		7	≥ 3h															
		6	≥ 5h															
	5	≥ 6h	X															
	Descent [Plot O]	5																
		4		O														
3																		
2										O								
1																		
0											O							
MEDICATION	Oxytocin (U/L, drops/min)	N	N	N	N	N	N	N								N		
	Medicine	N	N	N	N	N	N	N								N		
	IV fluids	N	N	N	N	N	N	N								N		
SHARED DECISION-MAKING	ASSESSMENT	Active labour. Findings within normal limits. Needs pain relief. Findings normal. Findings normal. Fetal tachy at 9:30. Fetal tachy resolved. Spontaneous ROM w/ M+. Fetus OK. Urge to push at 12:40. In 2nd stage														Good support. Pushing well.		
	PLAN	Offer pain options Support labour. Routine monitoring. Enc. fluids. Reassess FHR every 15mins. Enc. upright positions. Reassess FHR every 15 mins. Offer pain options. Enc. fluids & upright positions.														Labour support. Routine monitoring.		
INITIALS		PT	PT	PT	PT	AJ	AJ									AJ		

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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