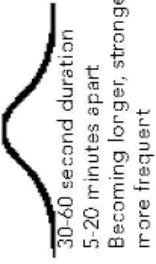




## STAGES & PHASES OF LABOR

	Progress/Changes	Mother's Mood	Mother's Role	Partner's Role
Before Labor Begins	<ul style="list-style-type: none"> <li>Engagement</li> <li>Increase of Braxton-Hicks contractions</li> <li>Cervix: softening, effacement, possible dilation</li> <li>Burst of energy (nesting urge)</li> <li>Sleeping lighter</li> </ul>	<ul style="list-style-type: none"> <li>Excited</li> <li>Sense of anticipation</li> </ul>	<ul style="list-style-type: none"> <li>Light activity</li> <li>Pre-register at hospital</li> <li>Pack bags for hospital</li> <li>Rest, take naps</li> </ul>	<ul style="list-style-type: none"> <li>Encourage rest and light activity</li> <li>Provide diversion</li> <li>Provide reassurance</li> <li>Help her pack</li> </ul>
Stage I Latent or Early Phase	<ul style="list-style-type: none"> <li>Cervix: effacement, dilation - 1-4 cm</li> <li>Contractions:  <ul style="list-style-type: none"> <li>30-60 second duration</li> <li>5-20 minutes apart</li> </ul> </li> <li>Becoming longer, stronger, more frequent</li> <li>Bloody show</li> <li>Possible leaking or rupture of membranes</li> <li>Possible frequent bowel movements</li> <li>Possible low back ache</li> </ul>	<ul style="list-style-type: none"> <li>Excited</li> <li>Apprehensive</li> <li>Talkative, sociable</li> <li>Confident</li> </ul>	<ul style="list-style-type: none"> <li>If at night, try to sleep</li> <li>Light activity, walking during the day</li> <li>Time contractions</li> <li>Drink clear liquids</li> <li>Empty bladder every hour</li> <li>Relax with contractions</li> <li>Begin breathing techniques as needed</li> <li>Call physician, as directed</li> <li>Go to hospital as directed by physician</li> </ul>	<ul style="list-style-type: none"> <li>If at night, encourage her to sleep &amp; try to sleep as well</li> <li>Time and record contractions</li> <li>Provide diversion - walks, games, movie, TV</li> <li>Help her relax</li> <li>Remind her to urinate</li> <li>Help make her comfortable: back rub, massage, warm shower</li> <li>Drive carefully to the hospital</li> </ul>
Accelerated or Active Phase	<ul style="list-style-type: none"> <li>Cervix: dilation - 4-7cm or 8cm; more effacement</li> <li>Contractions:  <ul style="list-style-type: none"> <li>40-80 second duration</li> <li>2-4 minutes apart</li> </ul> </li> <li>becoming more intense, closer together, longer peak</li> <li>Possible rupture of membranes</li> </ul>	<ul style="list-style-type: none"> <li>Business-like, birth-oriented</li> <li>Quiet</li> <li>Tired</li> <li>Discouraged</li> <li>Apprehensive</li> </ul>	<ul style="list-style-type: none"> <li>Go to hospital as directed by physician</li> <li>Continue relaxation &amp; breathing techniques</li> <li>Use focal point</li> <li>Change position as needed</li> <li>Relax</li> <li>Comfort measures for dry lips &amp; mouth: lip balm, ice chips, popsicle, mouth-wash, brush teeth</li> <li>Urinate hourly</li> <li>If back labor: back massage, frequent position changes, application of heat or cold</li> </ul>	<ul style="list-style-type: none"> <li>Drive carefully to the hospital</li> <li>Help her with relaxation &amp; breathing techniques</li> <li>Help her change positions or provide support if walking</li> <li>Give support, praise, encouragement &amp; reassurance</li> <li>Provide comfort measures: cool cloth, ice chips, massage</li> <li>If needed, help with comfort measures for back labor</li> <li>Remind her to urinate</li> </ul>

	Progress/Changes	Mother's Mood	Mother's Role	Partner's Role
Transition Phase	<ul style="list-style-type: none"> <li>• Cervix: 8-10cm</li> <li>• Contractions:               <ul style="list-style-type: none"> <li>• Urge to push</li> </ul> </li> </ul>  <ul style="list-style-type: none"> <li>• 60-90 seconds duration</li> <li>• 2-3 minutes apart</li> <li>• very strong, may have more than one peak</li> <li>• Rectal pressure, urge to push</li> <li>• Nausea, vomiting</li> <li>• Hiccups</li> <li>• Cramps in legs and thighs</li> <li>• Increase in show</li> <li>• Uncontrolled shaking</li> <li>• Cold feet</li> <li>• Drowsiness between contractions</li> </ul>	<ul style="list-style-type: none"> <li>• Withdrawn, may feel like giving up</li> <li>• Irritable</li> <li>• Desires not to be touched</li> <li>• Forgetful</li> <li>• Fatigued</li> <li>• Difficulty maintaining relaxation and breathing techniques</li> <li>• Panicky</li> </ul>	<ul style="list-style-type: none"> <li>• This phase is intense, but short</li> <li>• Take one contraction at a time</li> <li>• Continue relaxation and breathing techniques, change as needed</li> <li>• Pant for urge to push</li> </ul>	<ul style="list-style-type: none"> <li>• Watch for signs of transition</li> <li>• Continuous praise and encouragement</li> <li>• Help her with relaxation and breathing, breath with her, if necessary</li> <li>• Keep directions simple</li> <li>• Provide comfort measures</li> <li>• Keep her informed of progress</li> <li>• Do not leave her alone</li> </ul>
Stage II	<ul style="list-style-type: none"> <li>• Cervix is completely dilated</li> <li>• Contractions:               <ul style="list-style-type: none"> <li>• 60+ seconds duration</li> <li>• 2-5 minutes apart</li> <li>• Baby descends through birth canal</li> </ul> </li> <li>• Strong urge to push, pressure in vagina and rectum</li> <li>• Burning sensation as head crowns</li> <li>• Birth of baby</li> </ul>	<ul style="list-style-type: none"> <li>• Relief</li> <li>• Anticipation</li> <li>• Excitement</li> </ul>	<ul style="list-style-type: none"> <li>• Relax perineum, pelvic muscles</li> <li>• Rest between contractions</li> <li>• Follow body's cues, bear down only with contraction</li> <li>• Change pushing position as needed</li> <li>• Listen to physician's instructions</li> <li>• Pant when necessary</li> <li>• Keep eyes open</li> </ul>	<ul style="list-style-type: none"> <li>• Help her assume comfortable position for pushing</li> <li>• Support her body while pushing</li> <li>• Remind her to relax pelvic floor muscles</li> <li>• Remind her to relax between contractions</li> <li>• Help her with panting</li> <li>• Remind her to keep eyes open</li> </ul>
Stage III	<ul style="list-style-type: none"> <li>• Mild contractions</li> <li>• Separation and delivery of placenta</li> <li>• Repair of episiotomy / tears</li> </ul>	<ul style="list-style-type: none"> <li>• Excited</li> <li>• Occupied with baby</li> <li>• Tired</li> <li>• Relieved</li> </ul>	<ul style="list-style-type: none"> <li>• May be asked to push to help expulsion of placenta</li> <li>• Use breathing techniques as necessary</li> <li>• Hold and enjoy your baby</li> </ul>	<ul style="list-style-type: none"> <li>• Assist with holding baby</li> <li>• Praise her for a job well done</li> <li>• Enjoy your baby</li> </ul>
Stage IV	<ul style="list-style-type: none"> <li>• Recovery</li> <li>• Shaking</li> <li>• Possible afterpains</li> <li>• Hungry</li> <li>• Perineal discomfort</li> <li>• Possible difficulty in urinating</li> </ul>	<ul style="list-style-type: none"> <li>• Excited</li> <li>• Fatigued</li> <li>• Fascinated with baby</li> <li>• Talkative</li> <li>• Relieved</li> </ul>	<ul style="list-style-type: none"> <li>• Rest</li> <li>• Get acquainted with baby</li> <li>• Initiate breastfeeding</li> <li>• Eat &amp; drink</li> <li>• Massage uterus</li> <li>• Urinate</li> </ul>	<ul style="list-style-type: none"> <li>• Bond with baby</li> <li>• Call friends and family</li> </ul>