**Essential Care for Labor & Birth**

**ACTION PLAN**

**Quick check**
- Close to birth?
  - Support birth
  - Danger Signs?
  - Seek advanced care

**Assess**
- History
- Regular contractions
- Presentation head first
- Fetal heart rate 120-160
- Vaginal examination ≥ 5cm

**Classify**
- Normal, not active: Reassess
  - 1st stage: ≥ 5 cm
    - Check every 30 min: Fetal heart rate, Contractions, Woman’s mood
    - 2 hours: Temperature
    - 4 hours: Cervix and membranes, Fetal descent

- Normal, active labor: Assess
  - 2nd stage: 10 cm
    - Check every 5 min: Fetal heart rate, Fetal descent, Woman’s mood
    - 30 min: Pulse
    - 2 hours: Temperature, Bladder empty
    - 4 hours: BP

- Warning signs: Manage
  - Support labor: Continue documentation, Assess
    - Encourage to move, drink, eat, use toilet
    - Give comfort

- Danger signs: Seek advanced care
  - Support labor: Continue documentation, Assess
    - Danger signs? Seek advanced care
  - Support birth: Assess
    - Prepare for birth
    - Support choice of position

- Baby born: Support immediate care
  - Dry baby: Check breathing, Place skin-to-skin
  - Baby not breathing: Resuscitate and seek advanced care
  - Clamp and cut cord
  - Deliver placenta and check uterus

- Placenta out: Continue care
  - Monitor woman and baby: Check every 15 min for 2 hrs
    - Women: Uterus, Bleeding, BP, Pulse
    - Baby: Breathing, Color, Pulse
    - Bath: Temperature, repeat if not normal
  - Continue care: Check for bleeding and tears
    - Heavy bleeding? Manage and seek advanced care
    - Give comfort and start breastfeeding, Review danger signs

**APPROXIMATE DATE OF DELIVERY**
- FIRST DAY OF LAST MENSTRUAL PERIOD
- PROBABLE DAY OF CONCEPTION