**Birth Bag and Setup**

Study Group Module

**This module should be completed near the end of your clinical training.**

**Learning Objectives:**

Review the following Learning Objectives as an organized beginning to your study of this module. As you read the Learning Objectives, note key words that will aid you in finding the information in the texts. When you complete the module, revisit this list and check for areas that require further investigation.

• Identify necessary items to be included in your birth bag.

• Identify birth preparations for which clients are responsible.

• Understand the care and use of birth instruments.

• Learn ways of sterilizing your birth/suturing kit.

• Understand proper transport and set up of oxygen tanks.

• Gather ideas for organizing your bag and setting up your supplies and equipment at a birth.

• Make a plan for attending an imminent birth.

• Identify techniques for sterilization of instruments.

• Identify safety considerations for oxygen tank transport, care, and set up.

• Identify resources, options and your own preferences for including a birth stool in your bag.

• Identify resources, options and your own preferences for including a birth pool in your practice.

• Identify and apply understanding of fire safety details using the Fire Triangle.

• Identify and apply understanding of safety in a birthing environment that includes water and electricity.

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**Study Sources:**

The following texts are recommended for completion of this module. Use them to cross reference and build a more comprehensive understanding.

Using key words from the Learning Objectives, search the index. Read those pages listed, and read the chapter in which they are found. Establish a context for the information so that you understand how other topics are related. In addition, read the chapter headings in the Table of Contents, and flip through each text to familiarize yourself with the content of chapters. As you work through Study Group modules, you will eventually read each text in its entirety.

 • Holistic Midwifery, Vol II, Frye

 • Varney’s Midwifery

 **• See NMI website Student Portal, Birth Bag and Setup module web resources section, for additional information and up-to-date sources**

**Short Answer Questions**

1. What is the Fire Triangle?

2. Consider electrical safety and water in the birth environment.

 a. What type of extension cord is appropriate in a damp environment?

 b. What is the benefit of a grounded electrical outlet?

 c. What is the benefit of a grounded switch on a power strip?

3. Consider electrical safety:

 a. What is the third prong on an electrical plug?

 b. If an appliance has a third prong on its plug but the outlet only has space for two prongs, is it safe to use an adapter to make the two compatible?

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**Questions Requiring Longer, Thoughtful Answers & Explanations:**

1. 4. Give details regarding your set up in preparation for a birth (at your client’s home). Include activities that you do during labor in further preparation.
2. 5. Describe your set up for a resuscitation station.
3. 6. What are the dangers regarding the use and transport of oxygen?
4. 7. Explain the appropriate cautions for the transport and use of oxygen.
5. 8. a. Do you carry IV fluids for use during labor?
6. b. Describe your set up for hanging an IV bag for administration at home.
7. 9. What precautions are taken for disposal of birth-related trash from homebirth sites?
8. 10. Give detailed instructions for cleaning and sterilizing your birth and suturing instruments, including for their packaging and storage.

**Practical Scenarios**

11. You’re a licensed midwife and you’ve been in practice long enough to have repeat clients. Your client Sheri has a history of homebirths and fast labors. She’s 39+2 (39 weeks and two days gestation). You were nearby her home when you received her call; her labor was already well underway. You call your assistant and drive directly to Sheri’s house. You are not surprised to be the first of your team to arrive.

 a. What do you bring with you in your initial trip to the house?

 b. You are met at the door by a neighbor and you’re directed to the bedroom. Is there anything that you ask the neighbor to do for you?

 c. You walk down the hallway. You notice that you don’t hear any sound indicating labor contractions. When you step into her bedroom you find her focused, calm, and following her body’s natural urge: She is pushing, with the tip of her baby’s head visible. Which supplies do you have prepared for this imminent birth scenario?

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 d. If you and Sheri are alone, what are your priorities?

 e. If the neighbor comes into the room, what will you ask them to do for you?

 f. When your assistant arrives, what will you need them to do for you?

12. A laboring client is propped in bed with pillows and they’re being treated with oxygen through a face mask. The sheet on the bed is crumpled into a soft nest beside them. They remove the mask from their face, placing the mask on the bed. The nest of bedding holds it from slipping onto the floor. They drink from their mug, then get up to use the bathroom. Then they move to the living room to walk around. A family member hoping to improve the ambiance of the birth room lights the client’s favorite incense, then positions small tealight candles around the room.

Consider the Fire Triangle:

 a. What role could the incense play in completing the Fire Triangle?

 b. How could the small candles be unintentionally involved in the Fire Triangle?

 c. When the oxygen mask was placed on the bedding, which two parts of the Fire Triangle were created?

13. Your friend showed you that even though the third prong of an electrical plug had been snipped off, the appliance still works. Does that mean the appliance is safely plugged into the electrical outlet?

14. Wet towels on the floor are controlling a puddle of water that spilled from the tub. There aren’t enough outlets in the room to plug in the fan, so an extension cord is used. The laboring person is repeatedly in and then out of the tub, and with all of the activity the extension cord ends up getting pushed into the pile of towels, but the fan is unaffected. Identify the unsafe practices in this scenario.

**Projects**

Send completed projects with the rest of your course work for this module.

15. Research various birth stool designs.

 a. Which birth stool models have you seen in use, and what has your experience been?

 b. What do you look for in a birth stool?

 c. If you carry a birth stool, which one do you carry?

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16. Research different types of birth pools.

 a. What has your experience been with birth pools?

 b. What do you look for in a birth pool?

 c. If you use a birth pool, which one do you use?

 d. For clients, are there options for renting a birth pool?

17. Make a list of the contents in a complete birth bag. Organize items with respect to the need for accessibility. If you use a specific bag or container, include details. Compartmentalizing supplies can really aid organization.

 a. Make a list of the complete contents of your prenatal and postpartum bag.

 b. Make a list of the complete contents of your birth bag/supplies, including your “precip” kit if you carry one.

 c. Make a list of the complete contents of your newborn exam kit.

 d. Make a list of the complete contents of your IV Start kit.

 e. Make a list of the complete contents of your suture kit.

 f. Make a list of the complete contents of your medication bag or box.

 g. Make a list of CAM remedies (complimentary or alternative medicines) you carry.

 h. Make a list of the complete contents of your Oxygen/Resuscitation bag.

 i. Make a list of any additional supplies you carry.

18. Format client handouts:

 a. Create a list of supplies that you require clients to prepare and gather for their births.

 b. Create a list of instructions to help clients prepare for birth and postpartum.

19. Research options for purchasing or obtaining supplies needed for your birth bag. Create a plan for these items:

 a. Instruments

 b. Basic supplies

 c. Supplies that will often be replenished in your bag.

 d. Obtain and refill oxygen tanks

 e. Medications

 f. Sutures

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**Skills Review:**

Following are excerpts from the NMI forms for assessment of midwifery skills, which include all skills identified and required by NARM. Review the following skills and consider how they each relate to the content of this module. If you are currently working with a preceptor, take this opportunity to focus on these areas. During Supervised Primary Care you will formally evaluate these skills together using the NMI form Preceptor Evaluation/Student Self-Assessment of Midwifery Skills.

2. General Health Care Skills:

 A. Demonstrates Universal Precautions

 B. Demonstrates the application of OSHA regulations as they relate to midwifery workplace

 C. Demonstrates the application of aseptic technique

 D. Demonstrates the use of instruments and equipment including:

 1. Amnihook® /Amnicot®

 2. Bag and mask resuscitator

 3. Blood pressure cuff

 4. Bulb syringe

 5. Cord clamp

 6. Cord tape

 7. DeLee ® (or other tube/mouth suction device)

 8. Doppler

 9. Fetoscope

 10. Gestation calculation wheel/calendar

 11. Hemostats

 15. Nitrazine paper

 16. Needle and syringe

 17. Scissors (all kinds)

 18. Single dose ampule

 19. Speculum

 20. Stethoscope

 21. Suturing equipment

 22. Tape measure

 23. Thermometer

 24. Urinalysis strips

 25. Urinary catheter

 26. Vacutainer/blood collection tube

F. Uses alternate health care practices (non-allopathic treatments) and modalities

 1. Herbs

 2. Hydrotherapy (baths, compresses, showers, etc.)

M. Uses doppler

**Study Group Module Evaluation Sheet**

We’d like to know what you think of the course work we ask you to complete. Please comment on as many modules as you can, and return this form to NMI.

Thank you!

Name of Module: Birth Bag and Setup

Your Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What did you like about this module?

2. Were there any surprises for you in this module?

3. Was there anything in this module that was particularly challenging for you?

4. What will completing this module bring to your midwifery practice?

5. Do you feel you met this module’s states learning objectives?

6. Did the learning activities enable you to meet the learning objectives?

7. Were the suggested learning resources (books and materials) adequate to meet the learning objectives?

8. Did you utilize additional resources?

9. Any comments/Suggestions for improving this module?

Thank you!