

# Heart & Hands Midwifery Intensives

## BEGINNING/INTERMEDIATE MODULES

### Module Five: Labor Facilitation and Assessment

#### **DESCRIPTION**

This module covers the anatomy and physiology of normal labor, the birthing person's emotional response, and essential physical assessments of mother and baby at all stages of labor, including fetal heart tone pattern assessment and appropriate response, and indications for internal exam.

#### **LEARNING OBJECTIVES**

##### ***To understand essentials of facilitating and assessing normal labor:***

- 1) Know the stages of labor, and physical/emotional symptoms of each
- 2) Know the cardinal movements of the fetus during labor
- 3) Define maternal needs for nutrition, rest, hydration, and activity in labor
- 4) Discuss the significance of, and appropriate response to, vomiting in labor
- 5) Know how to perform routine assessments of mother/gestational parent and fetus at each stage of labor, including deviations from normal and appropriate response
- 6) Cite common techniques for facilitating progress in labor, including comfort measures
- 7) Understand principles and practice of universal precautions
- 8) Describe appropriate techniques for internal exam during labor
- 9) Know how to determine fetal position, attitude, station, and cervical effacement, dilation, edema and proximity to the fetal skull by internal exam

#### **LEARNING ACTIVITIES**

- 1) Read Heart & Hands, Chapter 4
- 2) Read Orgasmic Birth, Chapters 1, 4 and 5
- 3) Read Myles Textbook for Midwives (all topics in learning objectives)
- 4) Write a *brief* summary of normal labor, describing physiology, and common emotional responses of the mother stage-by-stage
- 5) Watch video on Cardinal Movements:
  - a) <https://www.youtube.com/watch?v=66jMER1Savg>
- 6) Do worksheet, Cardinal Movements of the Fetus in Labor
- 7) Watch videos on Fetal Heart Tones:
  - a) <https://www.youtube.com/watch?v=MO1alMV65Oc>
  - b) <https://www.youtube.com/watch?v=lbFomCbMgnk>
- 8) Do worksheet, Fetal Heart Tones (available on NMI Student Portal)
- 9) Journal work: If feasible, contact your biological mother for new/additional information regarding your birth

**OPTIONAL LEARNING ACTIVITIES**

1. On a foam rubber ball (such as the "Nerf Ball" child's toy), draw, and etch with razor blade: sagittal suture, and anterior and posterior fontanelles. Practice feeling ball with eyes closed, arranging it in positions likely to be found during internal exam (a loose sock may be stretched over the ball to simulate a dilated cervix, and to create asynclitic fetal positions.)

**SUBMIT**

1. Worksheet, Cardinal Movements of the Fetus in Labor
2. Summary of normal labor (physiology, emotional responses of mother/gestational parent, and common support measures)
3. Outline--principles and practice of universal precautions
4. Worksheet, Fetal Heart Tones
5. Any questions or concerns arising from optional learning activity
6. Module Evaluation Sheet

**COMPLETION REQUIREMENTS**

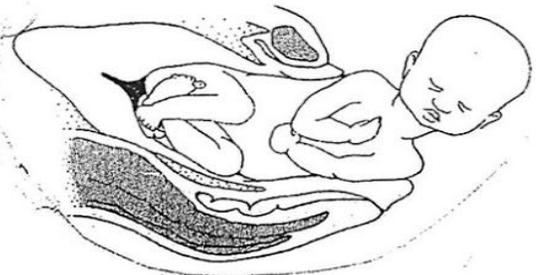
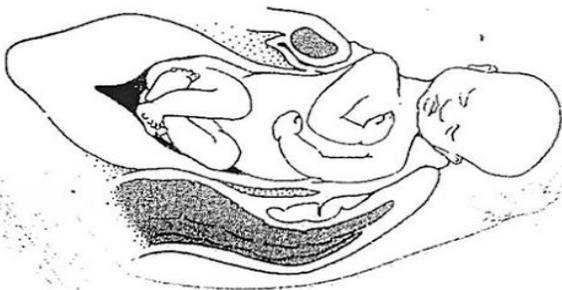
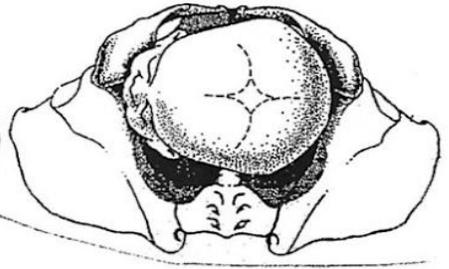
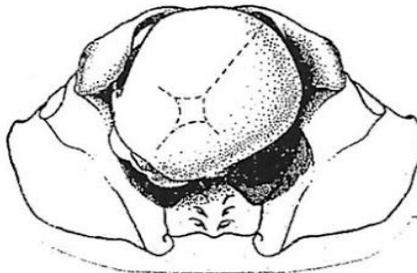
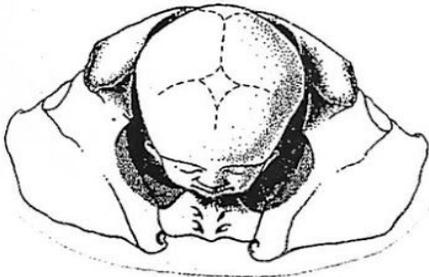
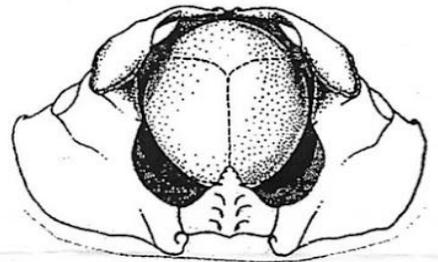
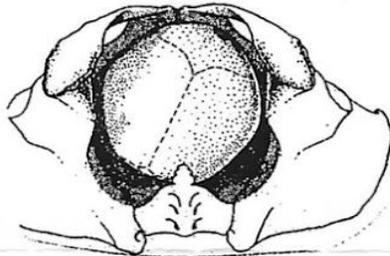
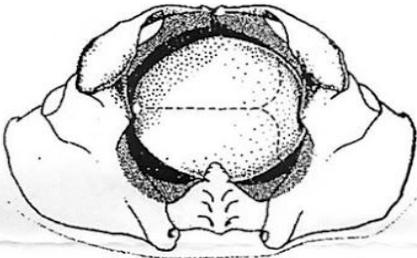
In order to successfully complete this module, you must complete all learning activities and submit all items as listed above. Your work will be reviewed item by item and with the rubric below. A passing score is 7.5/10. You will have two opportunities to correct any errors/omissions in your work, at which point a final score will be assigned.

	Level 1 (0 Points) not adequate	Level 2 (1 Points) developing adequacy	Level 3 (1.5 point) Meets basic expectations	Level 3 (2 points) exceeds expectations	Student Score
Completion of module prompts and elements	-Module not completed	-Major elements of module are missing	All aspects of module present, with some minor questions unanswered or missing	-All aspects of module elements present and answered completely	
Demonstrates Comprehension of module content and concepts	- Lack of comprehension	- Responses are unclear and do not reflect basic comprehension of module concepts	- Responses are clear and reflect basic comprehension of module content and concepts	- Responses are clear, well written, and reflect in-depth comprehension of module content and concepts. Added subpoints and additional reflections demonstrate a deeper knowledge and curiosity.	

Analysis	- Key terms not defined	-Inaccurate definition of key items, -Limited connection made between learning resources and learning activities,	-Accurate definitions of key items -Connections made between evidence, subtopics and clinical experience -Incorporation of original ideas and incorporates some clinical experience in responses where possible	- Accurate definitions of key items -Strong connections made between evidence, subtopics and clinical experience	
Critical Thinking and Integration	-Critical thinking not demonstrated, -Integration of material from previous modules not demonstrated	-Elements of Critical thinking are present, -Some integration of materials from previous modules demonstrated	-Critical thinking demonstrated -Integration of material from previous modules demonstrated	-Outstanding critical thinking demonstrated -Full integration of material from previous modules demonstrated.	
Engagement with learning resources	-Evident study sources were not utilized	-Evident study sources were partially utilized	-Evident that study sources were fully utilized	-Evident that study sources were fully utilized and independent research was undertaken -Full incorporation of original ideas, personal analysis and incorporates relevant clinical experience in all areas possible	

Modul 5

WORKSHEET  
CARDINAL MOVEMENTS OF THE FETUS DURING LABOR



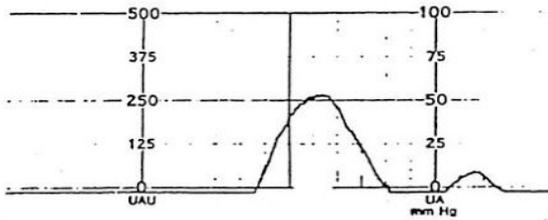
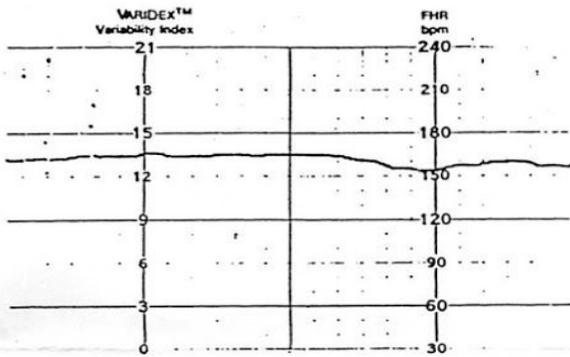
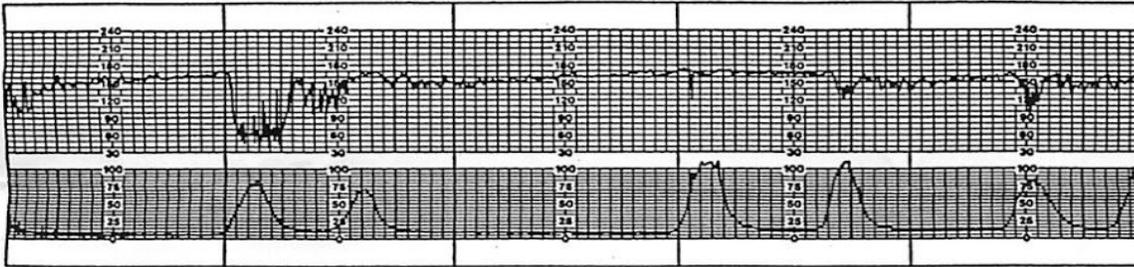
*Please label diagrams, above*

**WORKSHEET  
FETAL HEART TONES**

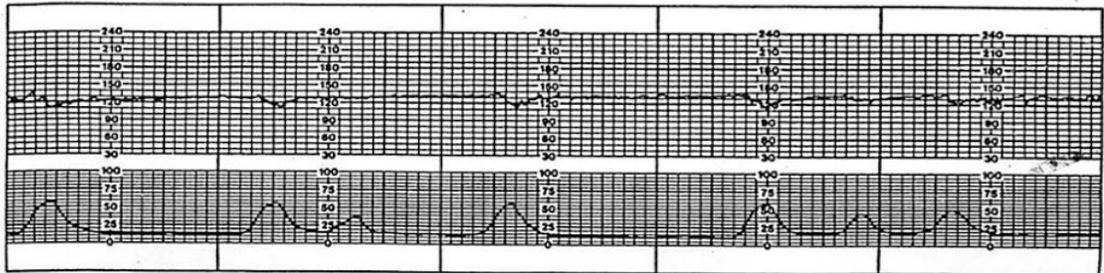
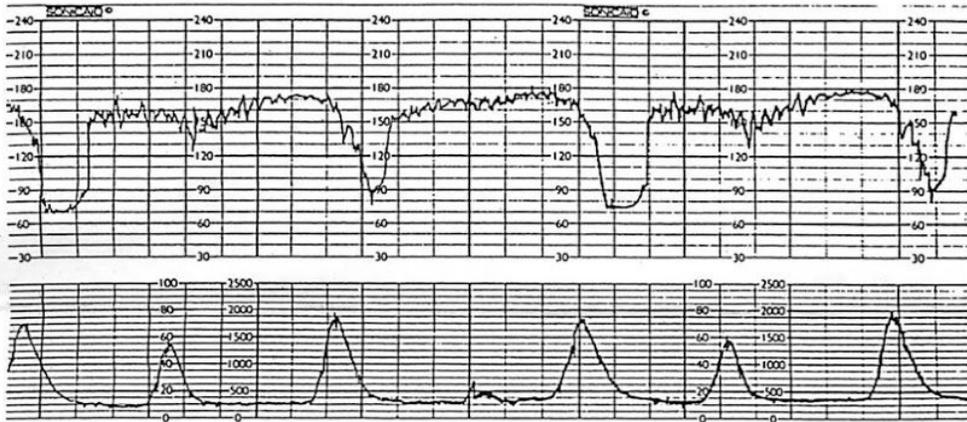
*Module 5*

Please label diagrams below as regards:

- A. type/name of FHT pattern
- B. appropriate response/treatment



WORKSHEET  
FETAL HEART TONES  
(page 2)



## **Module Five: Labor Facilitation and Assessment**

### **Module Evaluation Sheet**

1. What did you like about this module?
2. Were there any surprises for you in this module?
3. Was there anything in his module that was particularly challenging for you?
4. Do you feel you met this module's stated learning objectives?
5. Did the leaning activities enable you to meet the learning objectives?
6. Were the suggested learning resources (books and materials) adequate to meet the learning objectives? Did you utilize additional resources?
7. Any comments/suggestions for improving the module?