

**Heart & Hands Midwifery Intensives**  
**BEGINNING/INTERMEDIATE MODULES**

**Module Six: Normal Delivery and  
Immediate Care of the Newborn**

***DESCRIPTION***

This module covers meconium staining, appropriate hand maneuvers for a vertex birth, and principles of prevention of pelvic floor damage and perineal tears. Key factors in stabilizing the newborn and the gestational parent in the immediate postpartum are addressed, along with how to provide a safe environment for the gestational parent and infant that promotes attachment (bonding). Ways to support the newborn's microbiome are presented, and Newborn Exam is detailed.

***LEARNING OBJECTIVES***

***To understand how to facilitate advanced labor, delivery, and care of the newborn:***

- 1) Explain the significance of meconium staining of amniotic fluid during labor, with appropriate response
- 2) List equipment necessary for assisting labor and delivery, including maintenance and sterilization techniques
- 3) Describe techniques to help prevent perineal tears
- 4) Identify hand maneuvers that may be utilized at delivery
- 5) Define the microbiome as applied to the newborn, with guidelines for maintaining microbiome health
- 6) Cite key factors in stabilizing the newborn
- 7) Cite key factors in maternal stabilization in the immediate postpartum period
- 8) Describe routine newborn examination, explaining the significance of, and appropriate response to, any abnormal findings
- 9) Define techniques for APGAR scoring, including significance of, and appropriate response to, abnormal findings
- 10) Describe crucial maternal and newborn assessments in the immediate postpartum period
- 11) Know principles of maternal-infant bonding, and how to facilitate
- 12) Know ways to help mother/gestational parent initiate breastfeeding
- 13) List postpartum instructions for parents, with rationale for each

***LEARNING ACTIVITIES***

- 1) Re-read Heart & Hands, Chapter 4, focusing on care during second stage and immediate postpartum, and Chapter 5, section on Infant Resuscitation
- 2) Read Myles Textbook for Midwives (all topics in learning objectives)

- 3) Write a *brief* summary of principles for preventing vaginal/perineal tears, and hand maneuvers at delivery
- 4) Listen to a podcast or watch movie on the microbiome:
  - a) <http://www.birthful.com/podcastmicrobiome/>
- 5) Do module post-test
- 6) Prepare a chart, as follows:
  - a) Title-- *Midwife's Duties and Responsibilities During Labor*
  - b) Organization--divide labor into the following stages: early labor; active labor/transition; second stage; delivery; third stage, and immediate postpartum (until you leave)
  - c) Format—divide page into two columns.
 

**On the Left**, list duties/assessments (no description necessary) with recommended frequency

**On the Right**, cite possible borderline findings of these, with appropriate management/response (use the “if...then” format)  
(Don't include specifics of Newborn Exam, as it is covered elsewhere.)
  - d) Example:

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#### ACTIVE LABOR/TRANSITION

##### Duties/Assessments

1) Take fetal heart tones every 1/2 hour

2) Coordinate birth team

##### . Borderlines/management

- 1) A. If variable decelerations, change Mom's position
  - B. If late decels, flat baseline or bradycardia, give oxygen and transport
  - C. If early decels, rule out CPD/malpresentation
  - D. If tachycardia, rule out maternal exhaustion/infection, chorioamnionitis
- 2) If anyone sleepy or anxious, have them leave the room for rest/rejuvenation, and spell mother/gestational parent's partner if need be

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#### ***SUBMIT***

- 1) Summary on preventing tears/hand maneuvers at delivery
- 2) Completed module post-test
- 3) Chart, *Midwife's Duties and Responsibilities During Labor*
- 4) 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	

<p>Critical Thinking and Integration</p>	<p>-Critical thinking not demonstrated, -Integration of material from previous modules not demonstrated</p>	<p>-Elements of Critical thinking are present, -Some integration of materials from previous modules demonstrated</p>	<p>-Critical thinking demonstrated -Integration of material from previous modules demonstrated</p>	<p>-Outstanding critical thinking demonstrated -Full integration of material from previous modules demonstrated.</p>	
<p>Engagement with learning resources</p>	<p>-Evident study sources were not utilized</p>	<p>-Evident study sources were partially utilized</p>	<p>-Evident that study sources were fully utilized</p>	<p>-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</p>	

## **Module Six: Normal Delivery and Immediate Care of the Newborn**

### **Post-Test**

***Please respond to these items as concisely as possible:***

- 1) Give two reasons why a mother/gestational parent should urinate immediately before entering second stage
- 2) Describe the difference between old or fresh amniotic fluid staining as regards appearance, significance, and appropriate response (for the latter, use current Neonatal Resuscitation guidelines)
- 3) Cite maintenance and sterilization techniques for delivery instruments (see Appendix, H&H)
- 4) Define the microbiome as applied to the newborn, with guidelines for maintaining microbiome health
- 5) Cite key factors for stabilizing the newborn
- 6) Describe the appropriate response to a newborn with an at birth APGAR score of 9, of 6, of 2, of 0.
- 7) Cite key factors for maternal stabilization immediately postpartum
- 8) Describe how to help mother/gestational parent initiate breastfeeding
- 9) List ways to facilitate maternal-infant bonding in immediate postpartum
- 10) Using a blank Newborn Exam form (Heart & Hands, Appendix I), cite normal/abnormal findings for each category and indicate which abnormal findings require immediate transport/care of a physician

## **Module Six: Normal Delivery and Immediate Care of the Newborn**

### **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?