MODULE FIVE: **LABOR FACILITATION AND ASSESSMENT**

Please finish all assignments and answer all items. Work that is either incomplete or incorrect will be returned to you for completion/correction.

## 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. Cite crucial factors in getting labor off to a good start
4. Define maternal needs for nutrition, rest, hydration, and activity in labor
5. Discuss the significance of, and appropriate response to, vomiting in labor
6. Know how to perform routine assessments of mother/gestational parent and fetus at each stage of labor, including deviations from normal and appropriate response
7. Cite common techniques for facilitating progress in labor
8. Understand principles and practice of universal precautions
9. Describe appropriate techniques for internal exam during labor
10. 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 (available in the Online Resources section for this module, located in the NMI Student Portal)
6. Do work sheet, Cardinal Movements of the Fetus in Labor
7. Watch videos on Fetal Heart Tones (available in the Online Resources section for this module, located in the NMI Student Portal)
8. Do work sheet, Fetal Heart Tones (available on NMI Student Portal)
9. Journal work:
10. 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, frontal sutures, lambdoidal sutures, 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. Work sheet, 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. Work sheet, Fetal Heart Tones
5. Any questions or concerns arising from optional learning activity
6. Module Evaluation Sheet

**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?