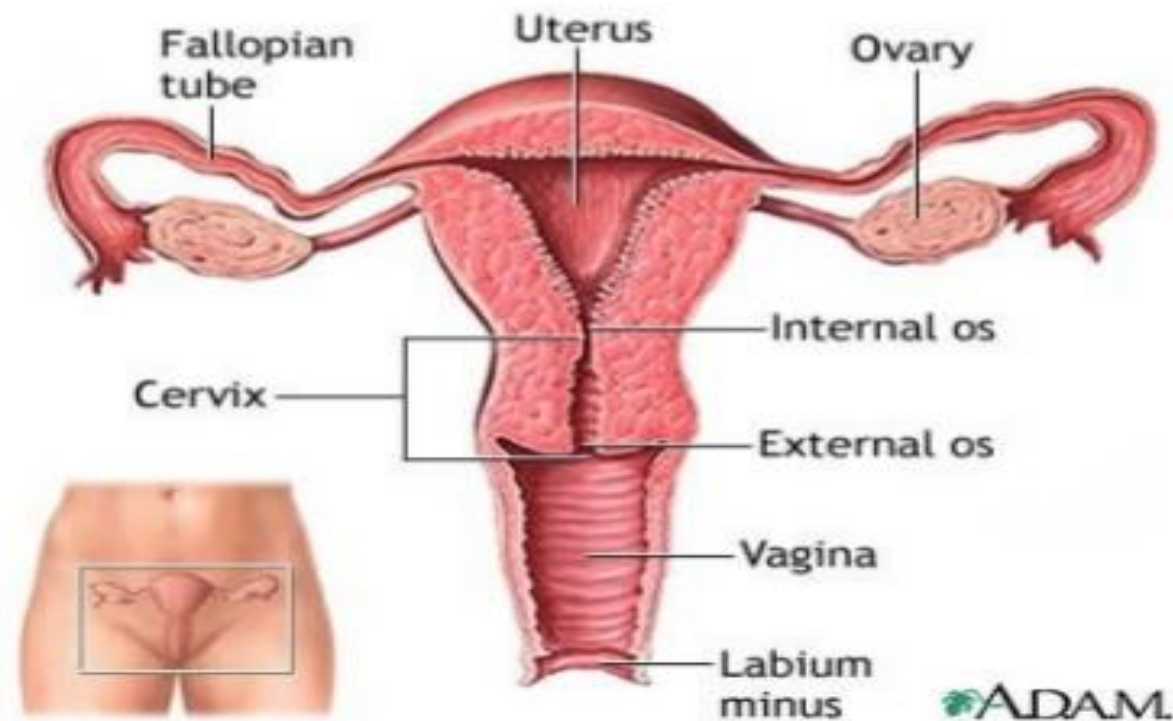


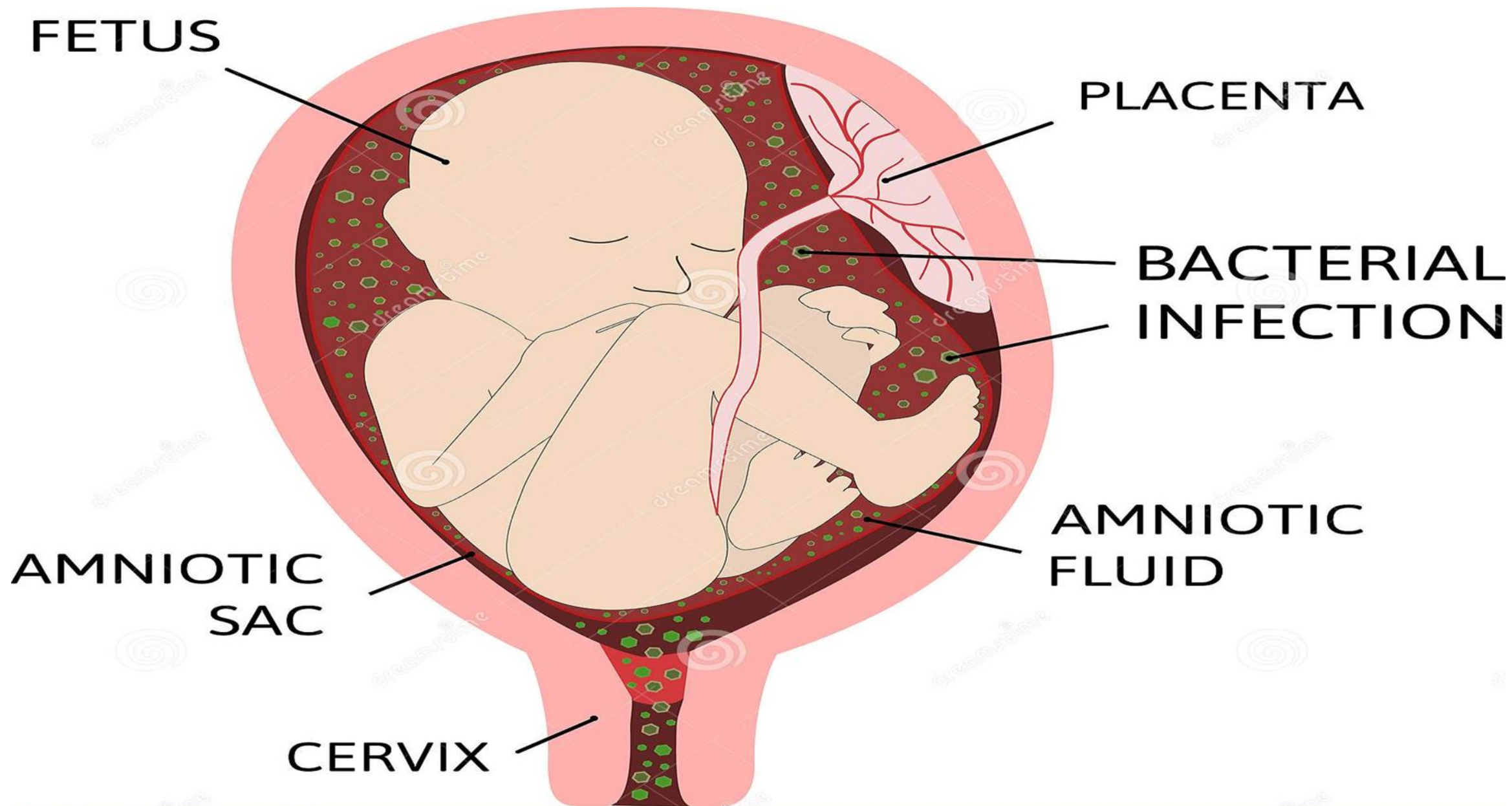
Normal uterus

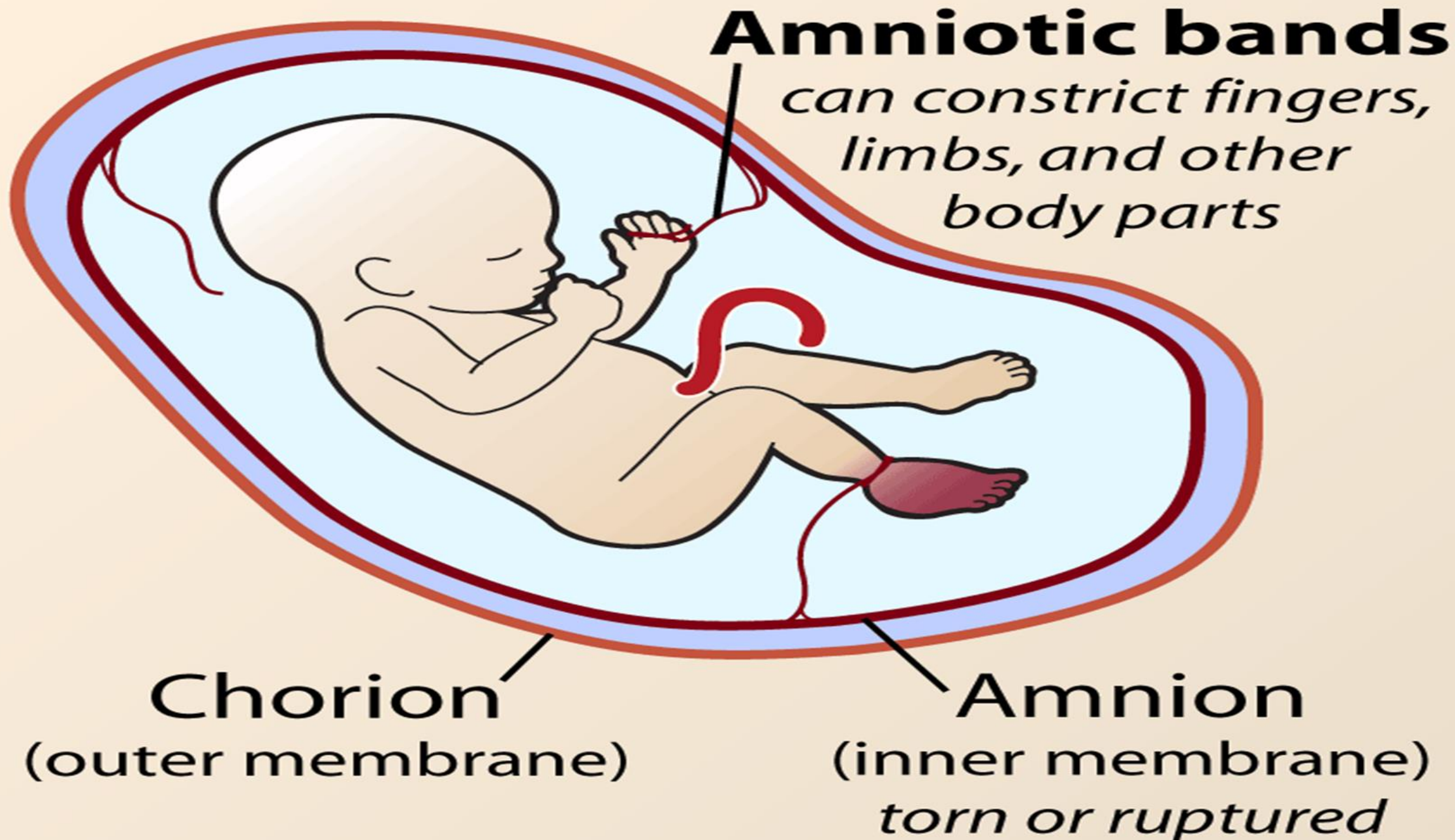
Bicornuate uterus

Female Reproductive System



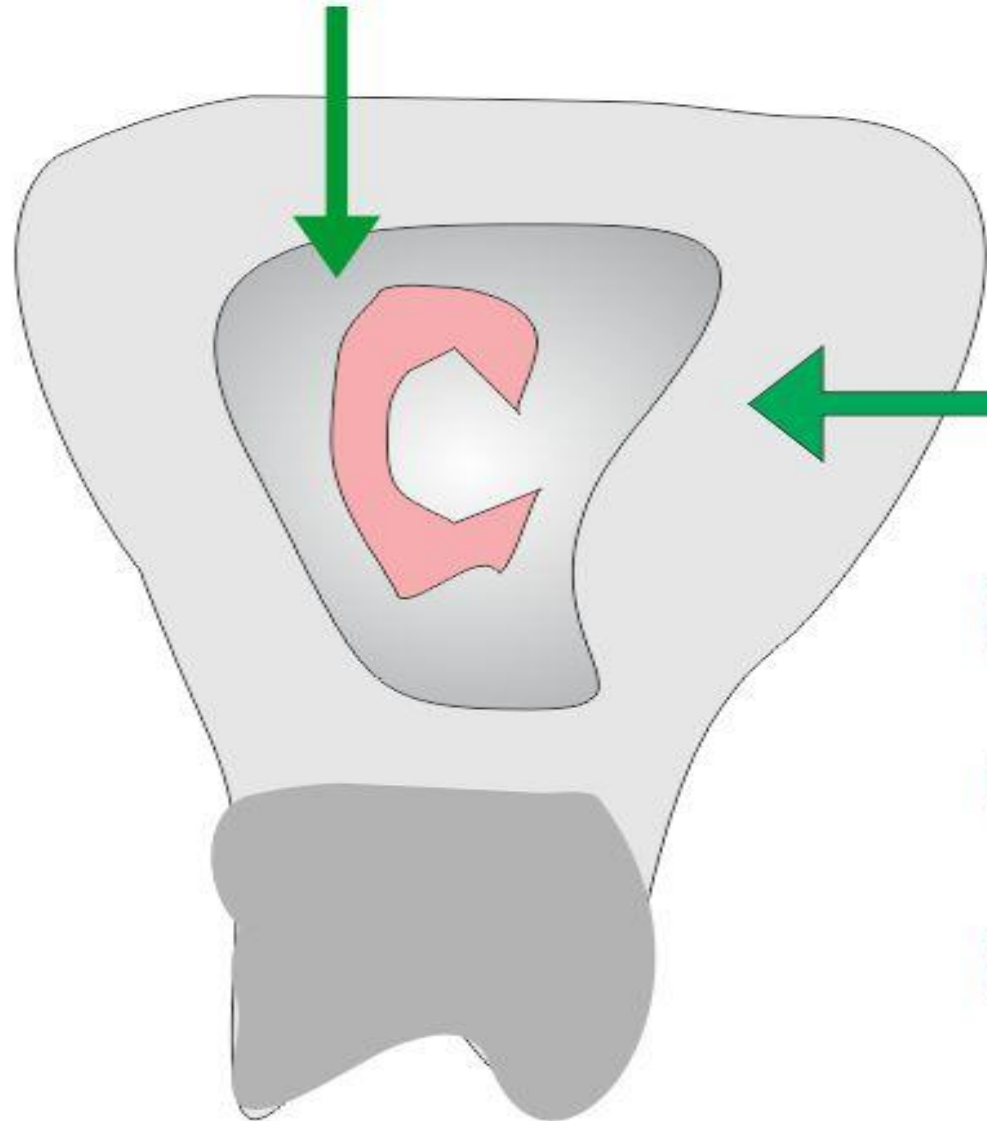






Amniotic fluid Functions

Fetus



Amniotic fluid

1

Protect the fetus

2

It provides nutrition

3

It maintains temperature

INTRODUCTION

- . In 1997, the World Health Organization defined normal birth as "spontaneous in onset, low-risk at the start of labor and remaining so throughout labour and delivery. The infant is born spontaneously in the vertex position between 37 and 42 completed weeks of pregnancy.

Cont.

- The most common way of childbirth is a vaginal delivery. It involves three stages of labour: the **shortening and opening** of the **cervix** during the first stage, **descent** and birth of the baby during the second stage, and the delivery of the placenta during the third stage.

and her cervix dilates



giving birth to the baby



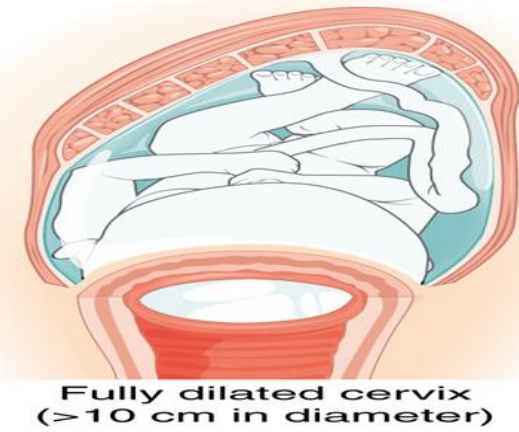
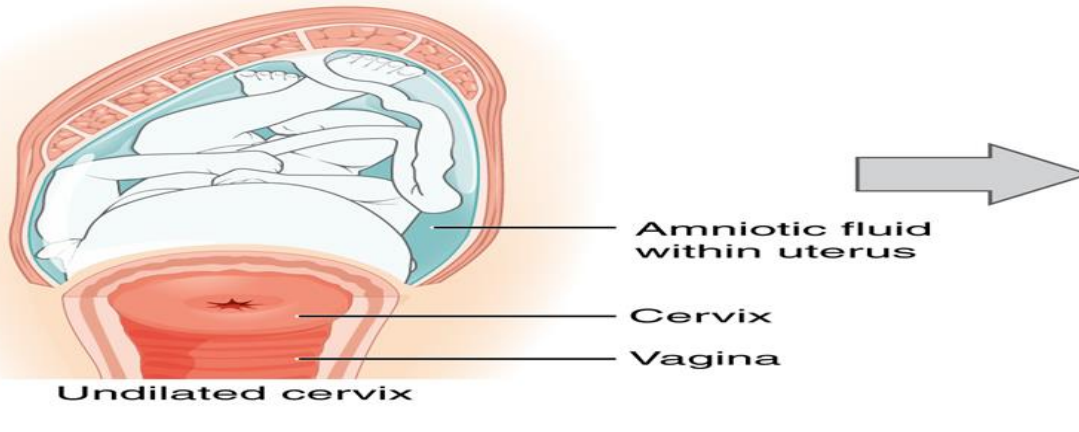
Third stage: the woman expels the placenta



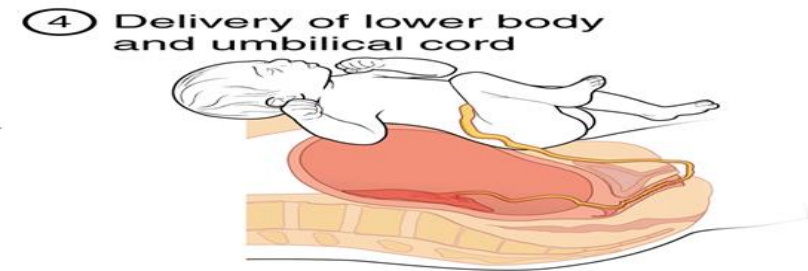
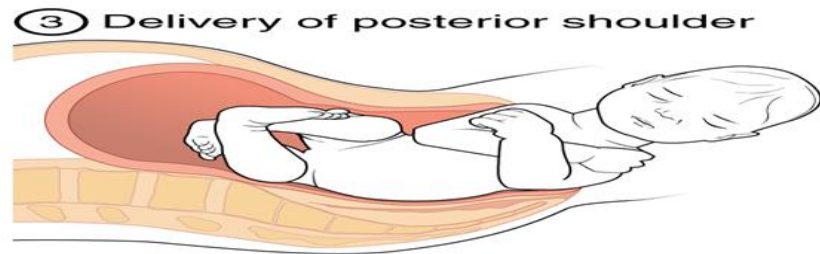
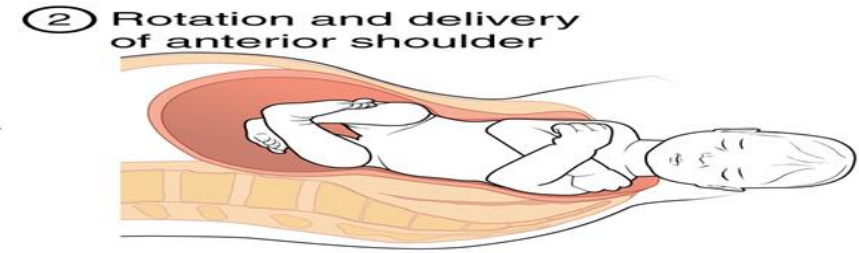
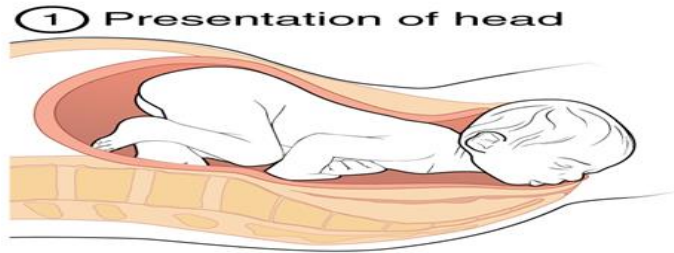
Fourth stage: the postpartum period



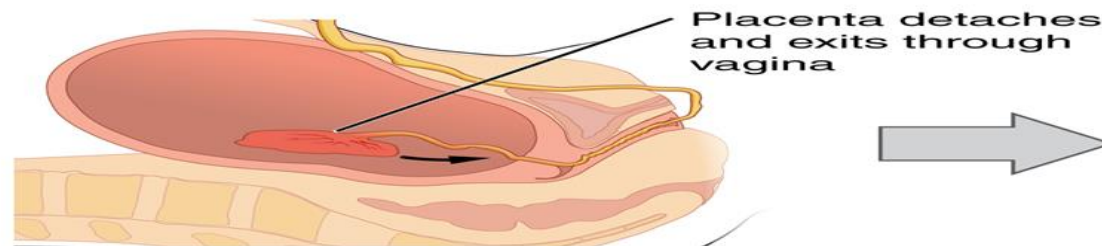
**Stage 1:
Dilation**



**Stage 2:
Birth**



**Stage 3:
Afterbirth
delivery**



The following criteria should be present to call it normal labour:

- **Spontaneous expulsion,**
- **of a single,**
- **mature foetus,**
- **presented by vertex,** normal obstetric presentation in which the fetal occiput lies at the opening of the uterus.
- **through the birth canal,**
- **within a reasonable time** (not less than 3 hours or more than 18 hours),
- **without complications to the mother.**

EARLY SIGNS OF LABOR

1. The Belly Shift
2. Change in Bowel Habits
3. Nesting
4. Braxton-Hicks Contractions
5. Effacement and Dilation
6. The Bloody Show
7. Your Water Breaks
8. Contractions

Preliminary Signs of Labor

- Lightening
 - Baby “drops.” Relief of pressure on the diaphragm and stomach, increased pressure on the bladder
- Increased vaginal secretions
- Slight weight loss
- Mucous plug, bloody show
- Thinning and softening of cervix
- Persistent backache
- Increased Braxton-Hicks (intermittent painless uterine contractions)
- Pre-labor: “nesting”

True Labour Pain	False Labour Pain
Regular.	Irregular.
Increase progressively in frequency, duration and intensity.	Do not.
Pain is felt in the abdomen and radiating to the back.	Pain is felt mainly in the abdomen.
Progressive dilatation and effacement of the cervix.	No effect on the cervix.
Membranes are bulging during contractions.	No bulging of the membranes.
Not relieved by antispasmodics or sedatives.	Can be relieved by antispasmodics and sedatives.

What are the 4 stages of Labour?

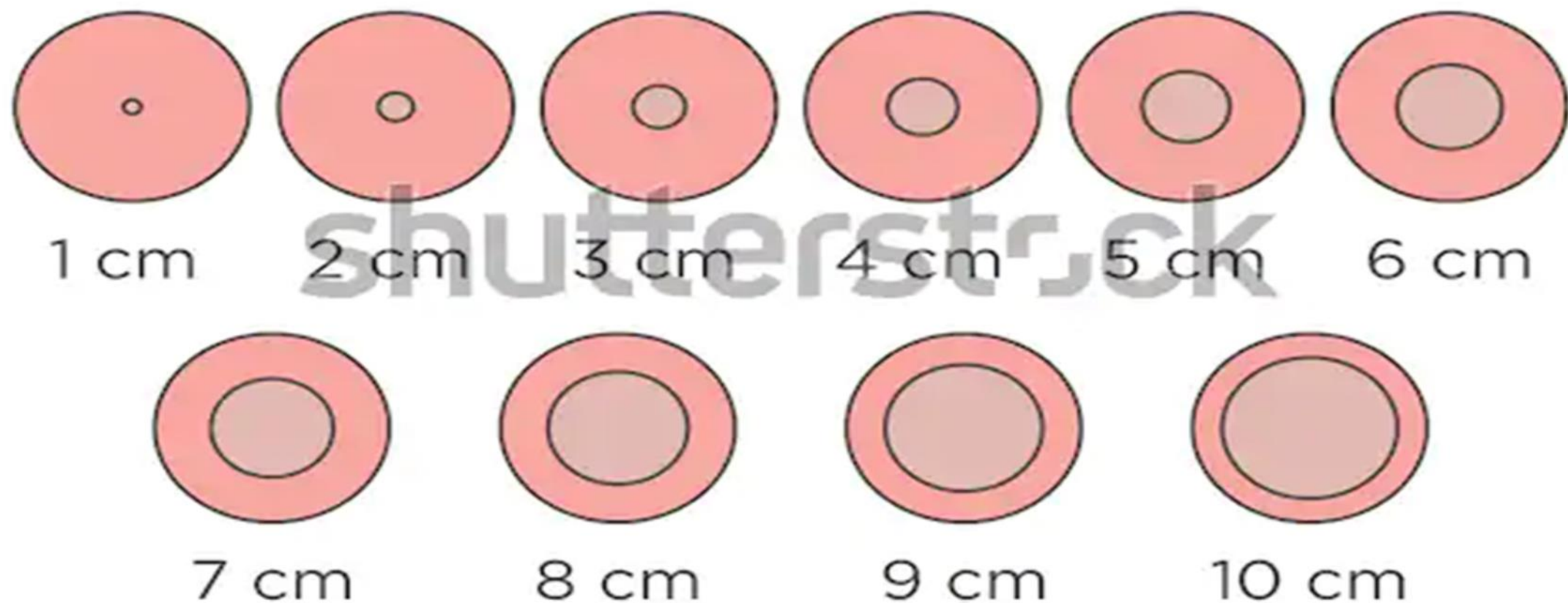
There are four stages of labour.

- **First stage of labour.** Thinning (effacement) and opening (dilation) of the cervix.
- **Second stage of labour.** Your baby moves through the birth canal. ...delivery
- **Third stage of labour.** Afterbirth. ...placenta separation
- **Fourth stage of labour.** Recovery. breast feeding

STAGES OF LABOUR

- **Labour is divided into four stages:**
- First stage
- It is the stage of cervical dilatation.
- Starts with the onset of true labour pain and ends with full dilatation of the cervix i.e. 10 cm in diameter.
- It takes about 10-14 hours in primigravida and about 6-8 hours in multipara.
- Second stage
- It is the stage of expulsion of the foetus.
- Begins with full cervical dilatation and ends with the delivery of the foetus.
- Its duration is about 1 hour in primigravida and $\frac{1}{2}$ hour in multipara.

CERVICAL DILATION

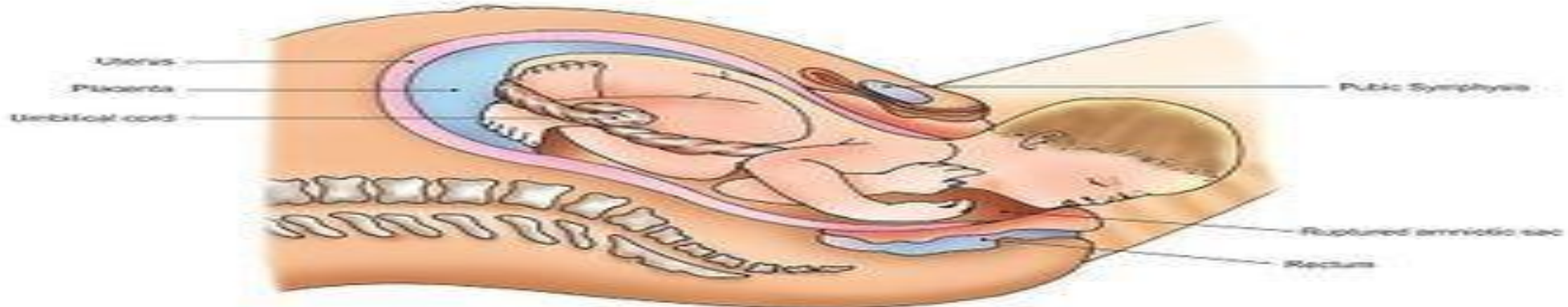


Cervical Effacement

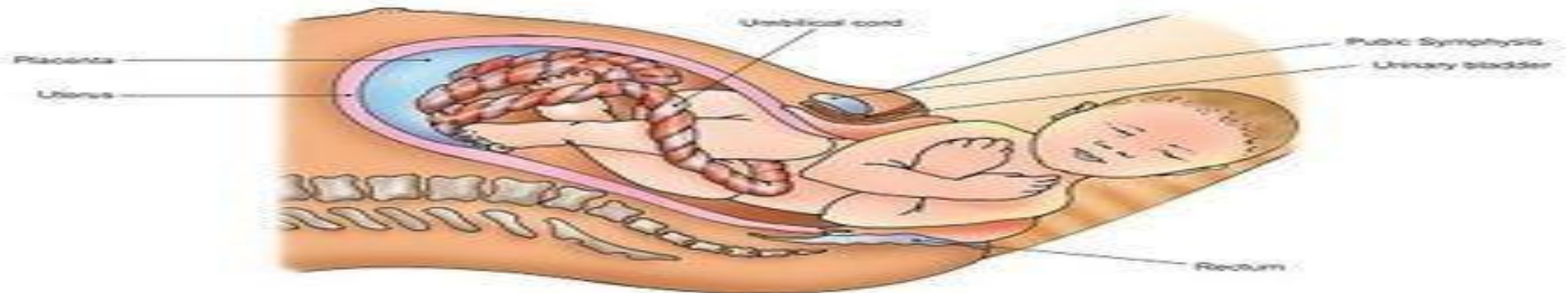


2nd stage .delivery

SECOND STAGE OF LABOUR



A. Expulsion of the head of the foetus from uterus.



B. Expulsion of the foetus from uterus.

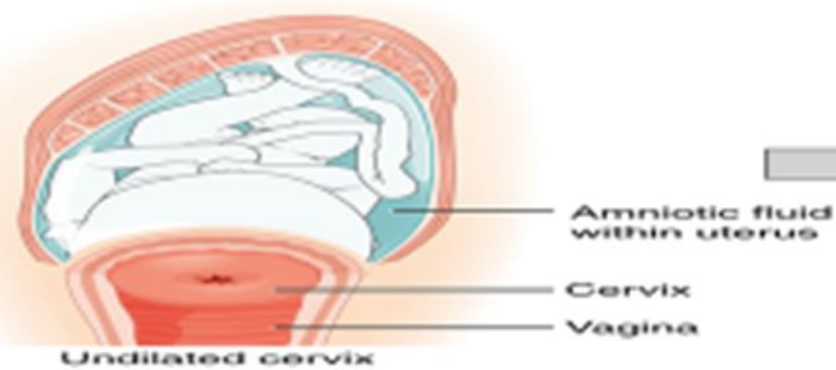
The second stage of labour begins when the cervix is completely opened and ends with the delivery of the baby. The second stage is often referred to as the "pushing" stage. During the second stage, the woman becomes actively involved by pushing the baby through the birth canal to the outside world. When the baby's head is visible at the opening of the vagina, it is called "crowning". The second stage is shorter than the first stage, and generally takes between 30 to 60 minutes in a woman's first pregnancy.

STAGES OF LABOUR

Labour is divided into four stages:

- **Third stage**
- It is the stage of expulsion of the placenta and membranes.
- Begins after delivery of the foetus and ends with expulsion of the placenta and membranes.
- Its duration is about 10-20 minutes in both primi and multipara.
- **Fourth stage**
- It is the stage of early recovery.
- Begins immediately after expulsion of the placenta
- During which careful observation for the patient, particularly for **signs of postpartum haemorrhage** is essential. Routine uterine massage is usually done every 15 minutes during this period.

**Stage 1:
Dilation**

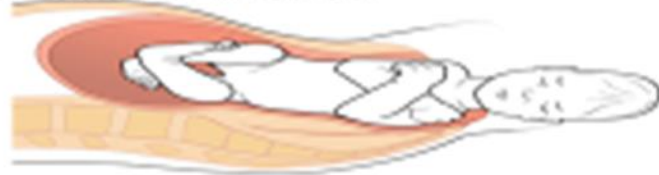


**Stage 2:
Birth**

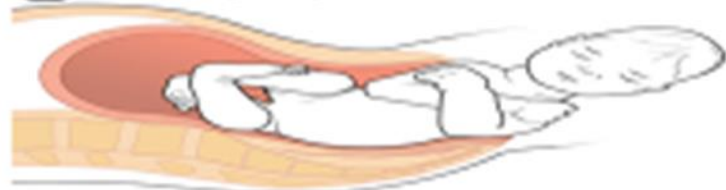
① Presentation of head



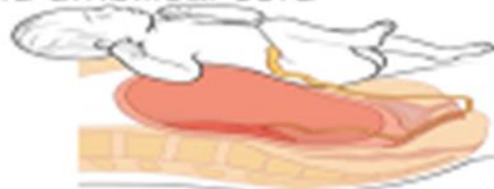
② Flotation and delivery of anterior shoulder



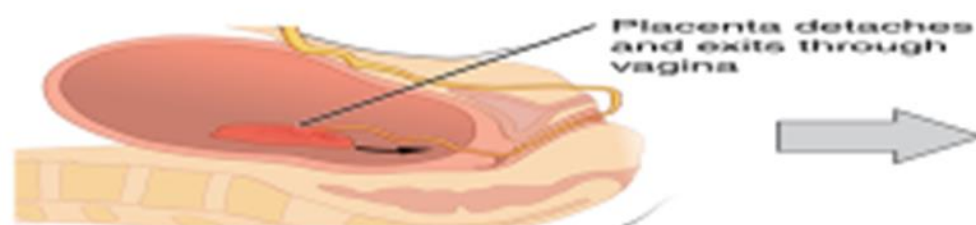
③ Delivery of posterior shoulder

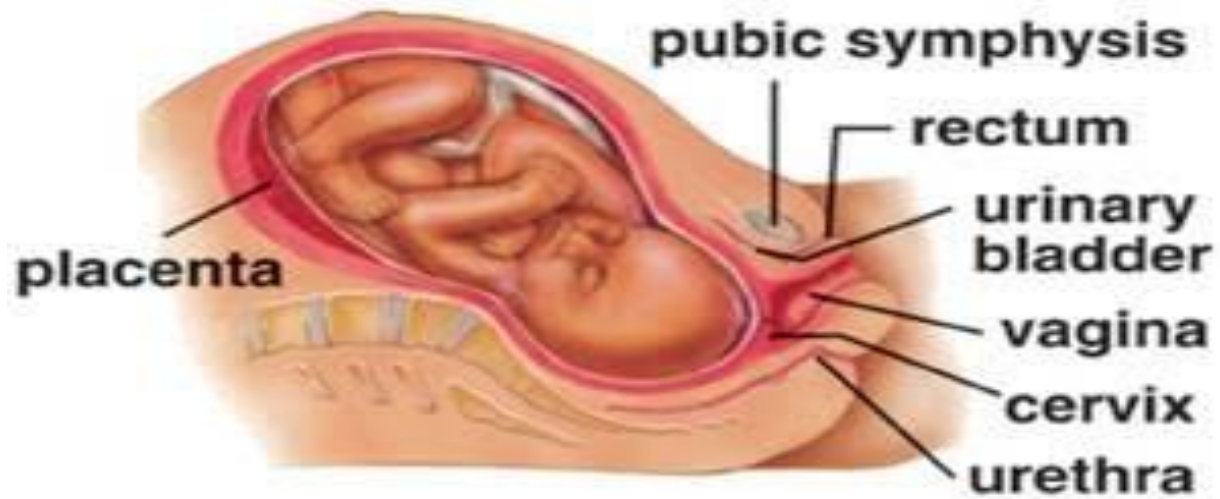


④ Delivery of lower body and umbilical cord



**Stage 3:
Afterbirth
delivery**





a. 9-month-old fetus



**b. First stage of birth:
cervix dilates**



**c. Second stage of birth:
baby emerges**



**d. Third stage of birth:
expelling afterbirth**

First stage

Phases of cervical dilatation

- **Latent phase:** This is when your cervix becomes soft and thin as it gets ready to open up (dilate) for your baby to be born.
- This is the first 3 cm of cervical dilatation which is slow takes about 8 hours in nulliparae and 4 hours in multiparae.
- **Active phase: ((around 5 to 6 cm and contractions)**
- It has 3 components:
 - acceleration phase, increase down
 - maximum slope,
 - deceleration phase. slow down

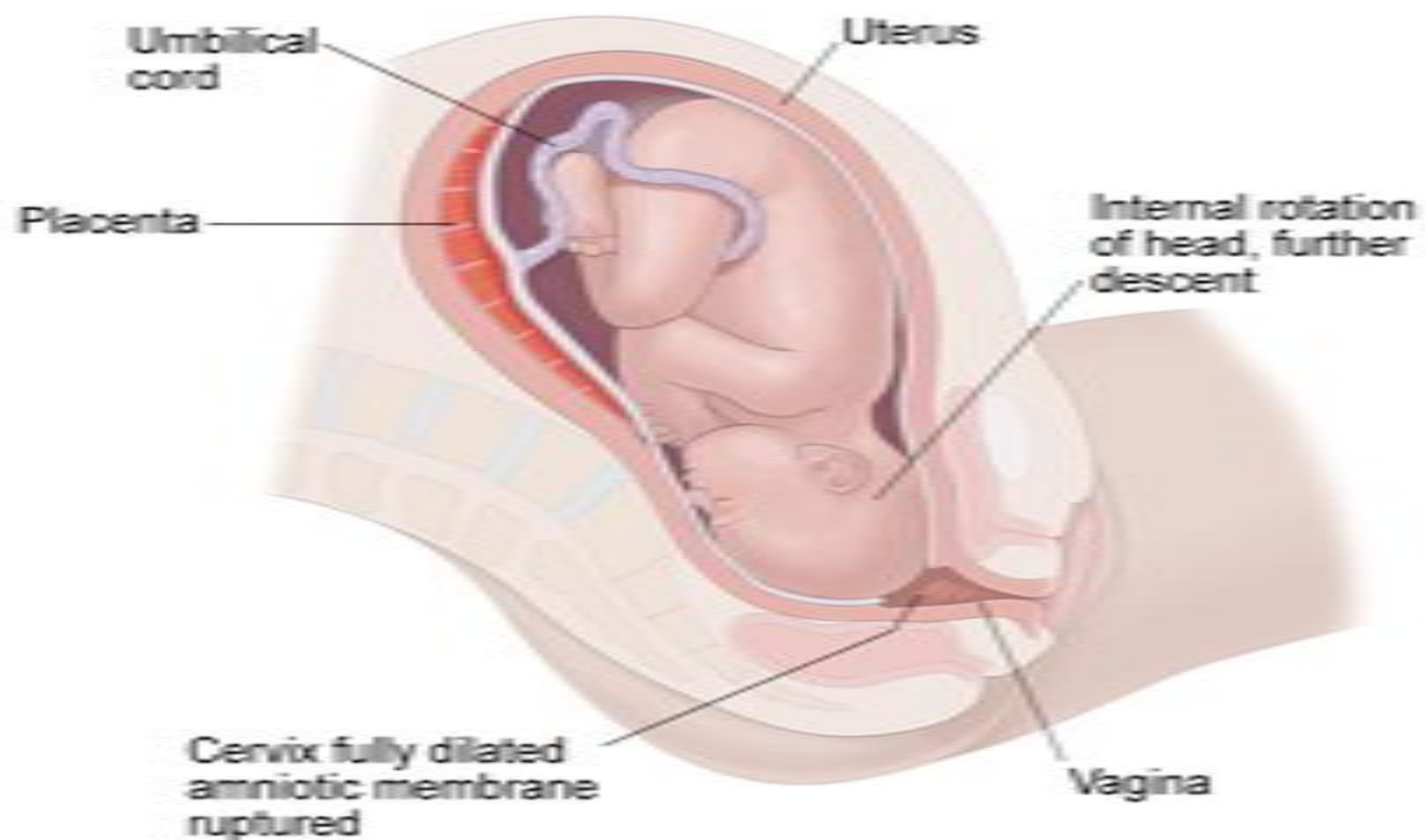
Second Stage

What are the steps of normal delivery?

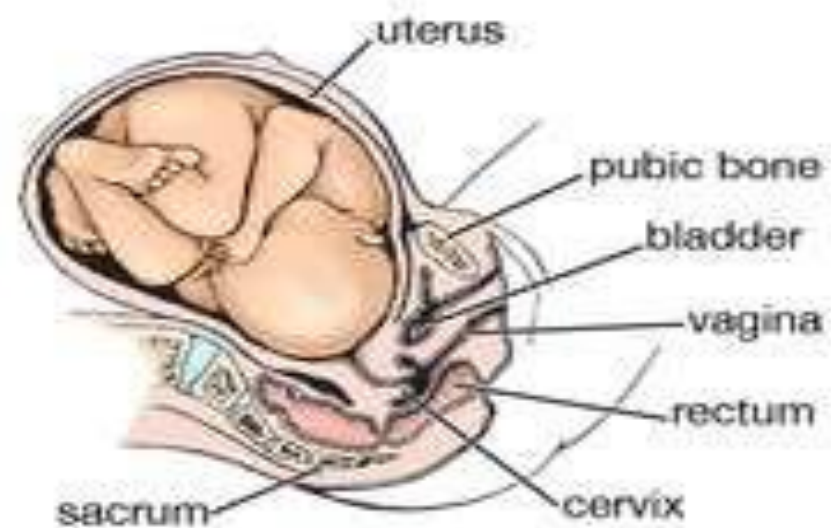
Six phases of a typical vertex or cephalic (head-first presentation) delivery:

Delivery of the head

- **Descent: Uterine contractions and retractions.** The downward passage of the presenting part through the pelvis. This occurs intermittently with contractions. The rate is greatest during the second stage of labor.
- Engagement:
- Increased flexion:
- Internal rotation
- Extension:
- External rotation:



Onset of labour



Flexion



Internal rotation of head



Extension

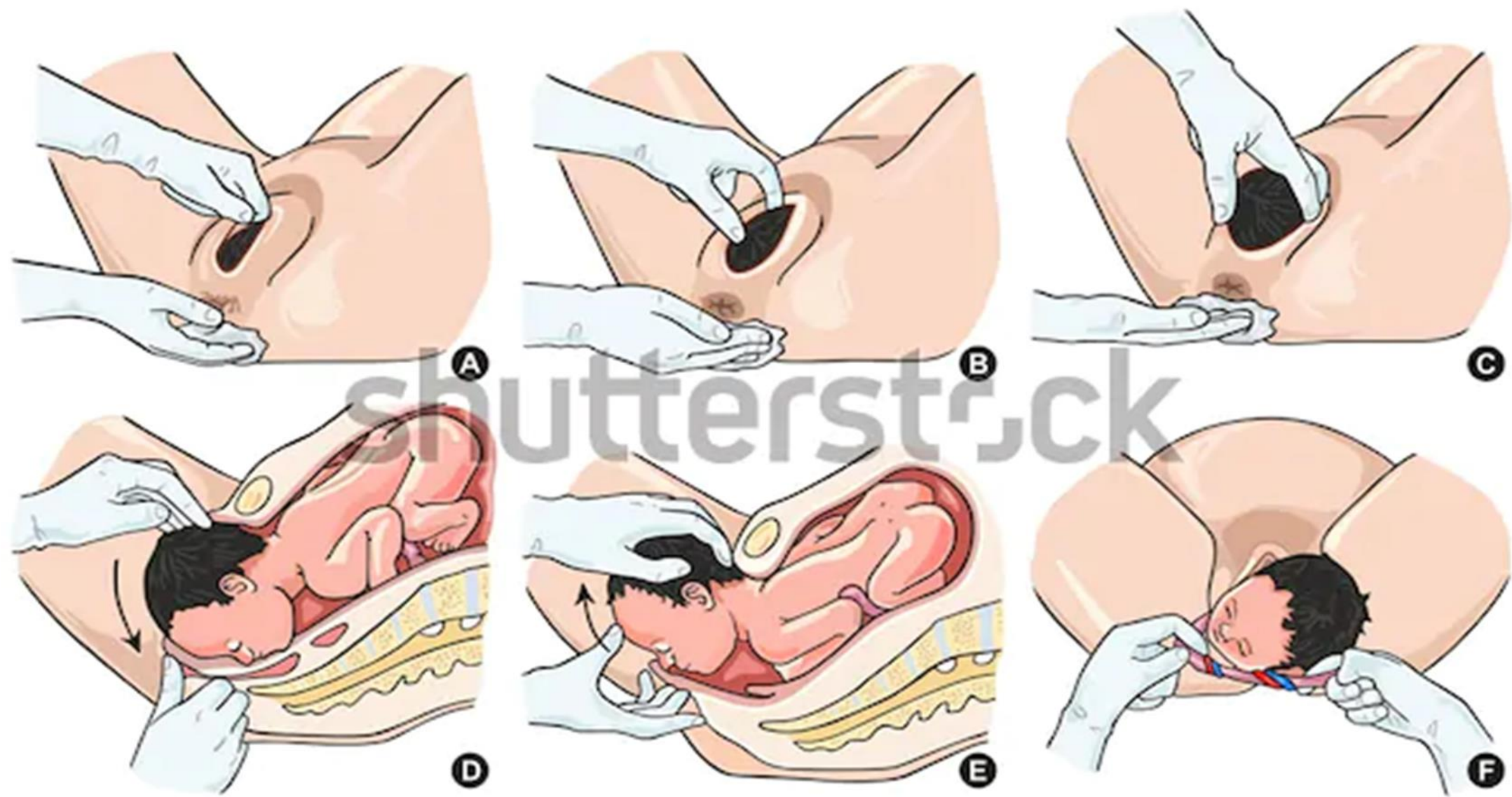


External rotation of head



Uterus immediately after birth

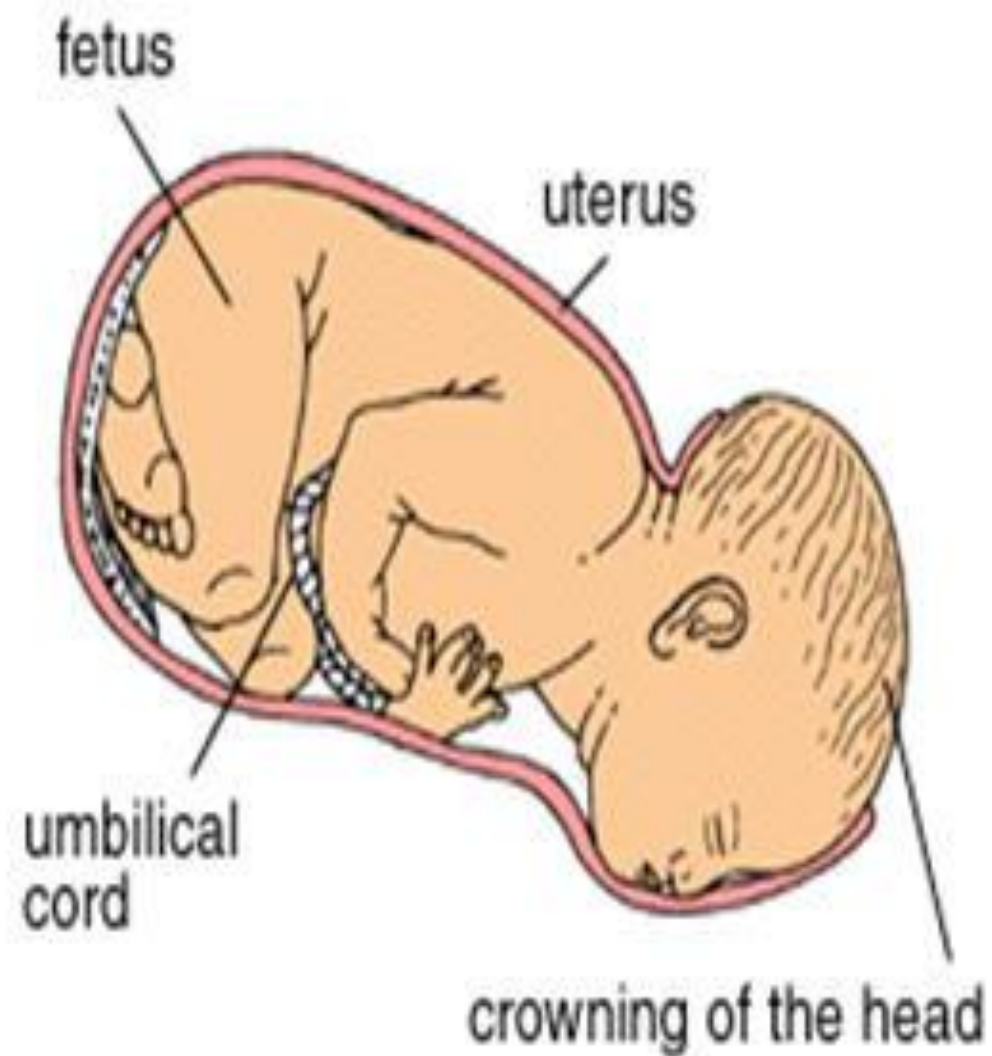




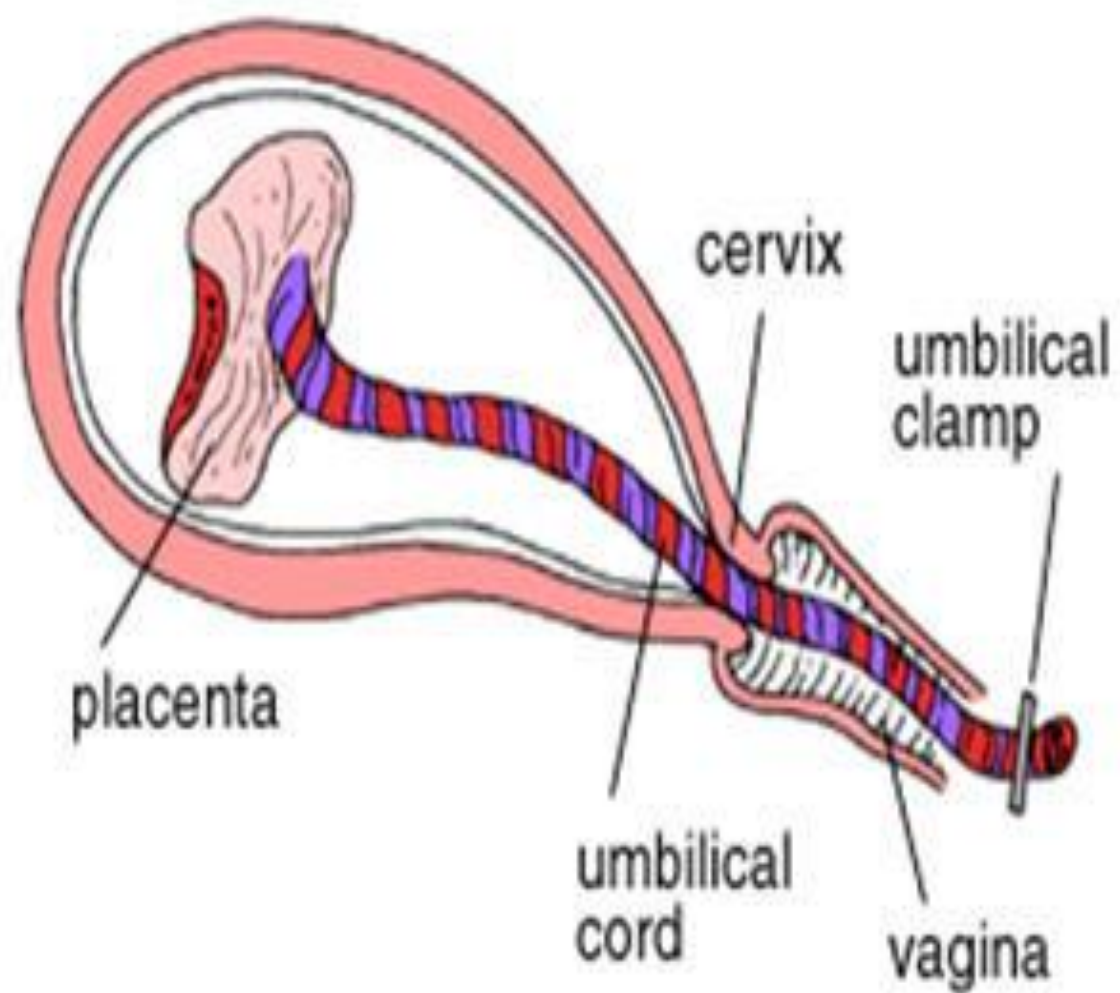
Third Stage

- The 3rd stage is composed of 3 phases:
- Placental separation.
- Placental descent.
- Placental expulsion

Stage 2

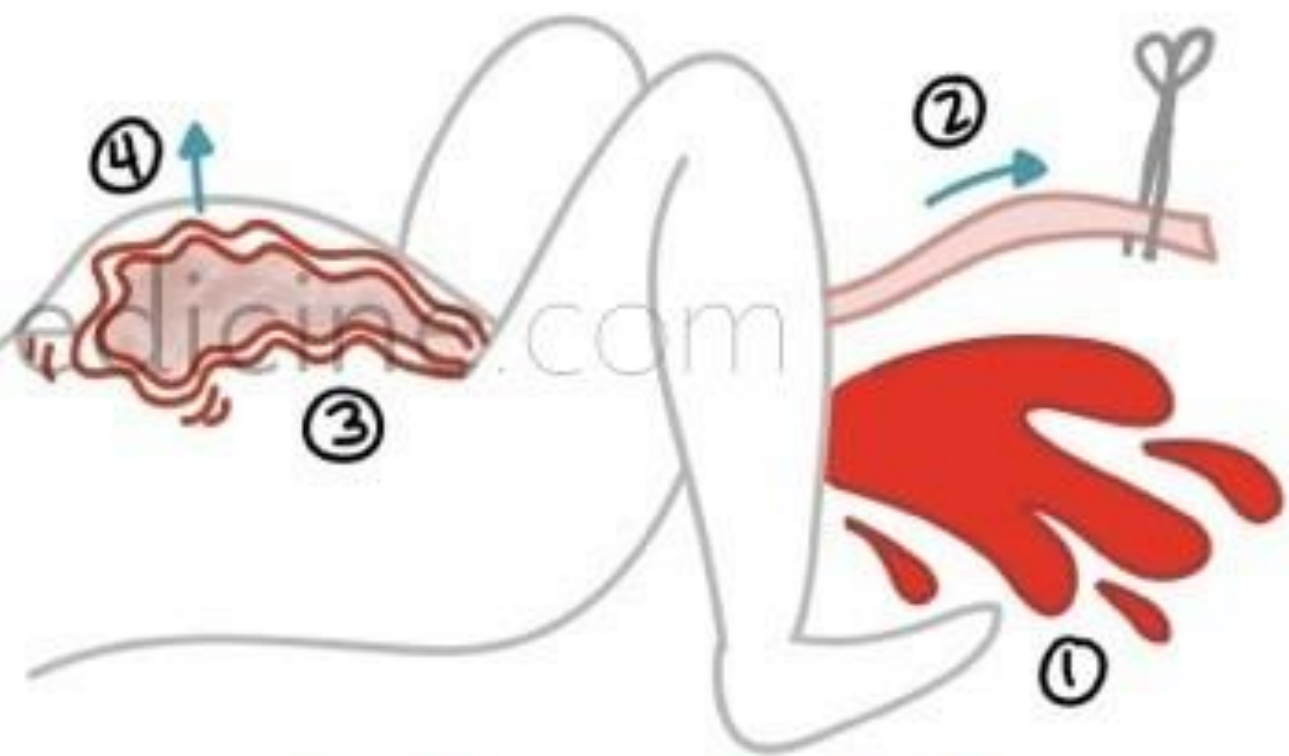


Stage 3



Signs of the 3rd stage of labour

- ① Gush of blood
- ② Cord lengthening
- ③ Globular + firm uterus
- ④ Uterus rises anteriorly



ⓘ Should happen within 30min of delivery of infant

