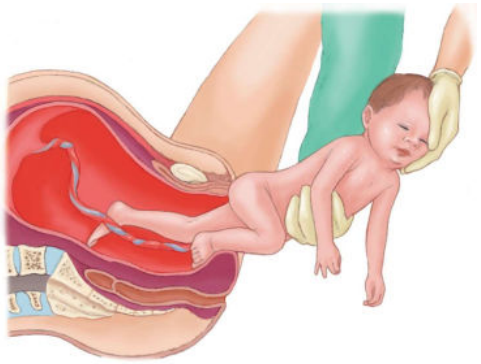




Normal Childbirth

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Thank you Justin! Welcome to Lesson 3. In this lesson, we will discuss the normal process of childbirth and your role in it. We'll cover topics including your responsibility as an EMT, how to prepare a mother for delivery, what you should have handy, and how you can assist in delivering the baby. This is sure to be an interesting one. So, let us get started!

Role of the EMT

- EMTs do not deliver babies; mothers do
- Primary role is to determine whether the delivery will occur on scene and if so, to assist mother as she delivers her child



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Childbirth can be an overwhelming experience, to say the least. It can affect everyone present in the labor and delivery room as you are witness to the birth of a new life.

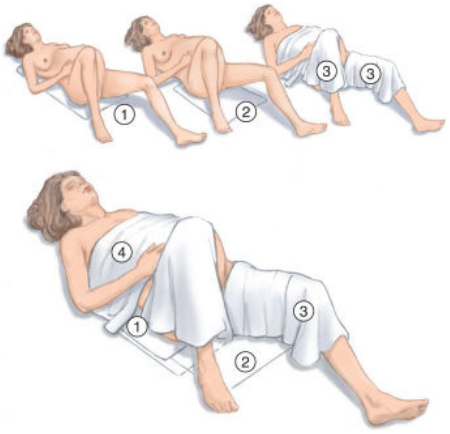
As an EMT, your role is to assist the doctor during delivery and comfort the mother in every way possible. Remember, EMTs don't deliver babies, only mothers do. So, make sure you do everything to help the mother to deliver her baby safely.

Above everything, provide emotional support to the mother. Encourage her and tell her that she can go through the delivery, and everything will be fine.

Such reassurances can go a long way in calming nerves during such critical situations.

Preparing the Mother for Delivery

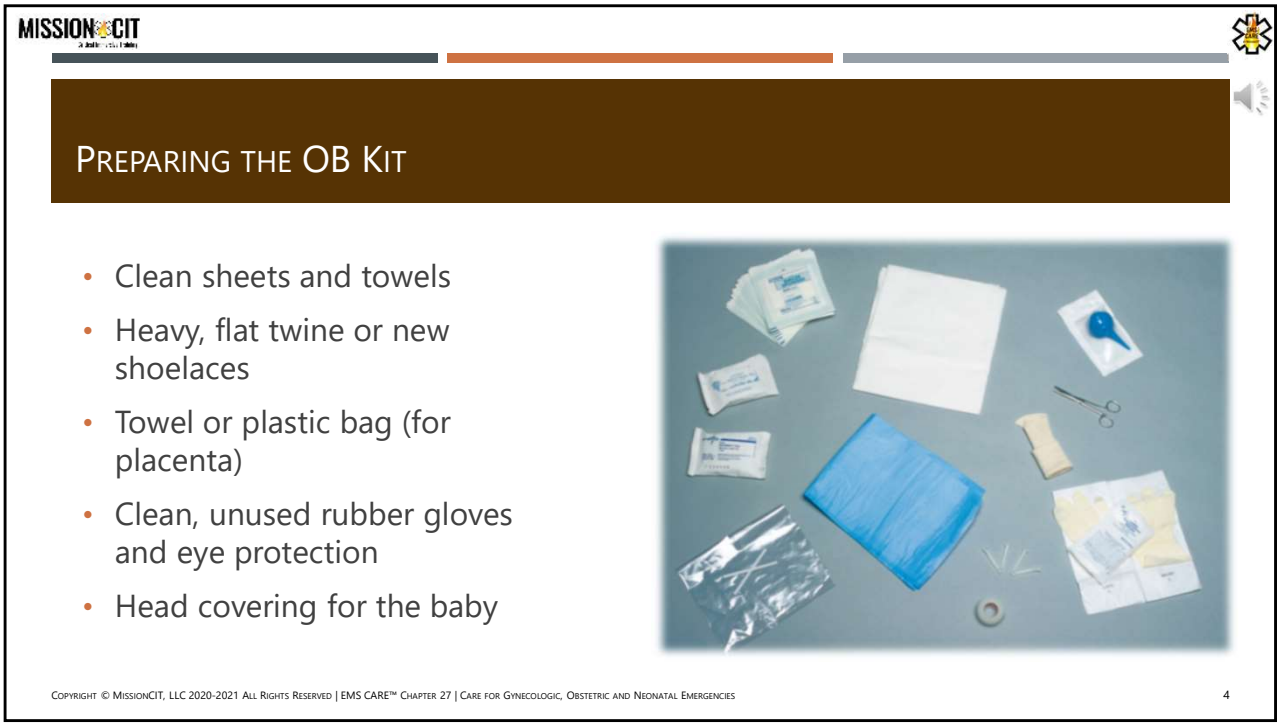
- Control scene
- Wear proper PPE
- Place mother on bed, floor, or ambulance stretcher
- Remove clothing obstructing vagina
- Position assistant and OB kit
- If possible, make environment as warm as possible



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Besides giving emotional support, you should also prepare the place for delivery
First off, keep everything under control in the delivery room, and make sure everyone is calm and collected.
Before you prepare the mother, wear proper personal protection equipment. This includes wearing a gown, mask, and a pair of sterile gloves. This is important to ensure that you don't get infected, and at the same time, you don't infect the mother.
Now that you're ready, you are all set to prepare the

mother.
As a first step, help the mother to lie down on the bed, floor, or in an ambulance stretcher. Once she feels comfortable, gently move her to a dorsal lithotomy position. This involves helping the mother lie on her back with legs flexed 90 degrees at the hips. The foot will be rested flat on the bed and will support the legs.
While helping her in this position, check if any clothing is obstructing the vagina. If so, remove it gently.
Now that the mother is ready, get the OB kit and position yourself to hold the mother's leg when needed.
Check if the mother is feeling cold. If she wants a little extra warmth, increase the room's temperature if possible, or add some extra blankets on her upper body.
Next, we will see how to prepare the OB kit.



OB kits contain the essential things needed for delivery. Make sure you have it ready, so you can use it when needed.

It should contain not just the equipment needed for delivery, but also the items needed to handle the baby immediately after birth. Also, this kit must contain things needed for emergency situations.

A sample OB kit consists of the following items.

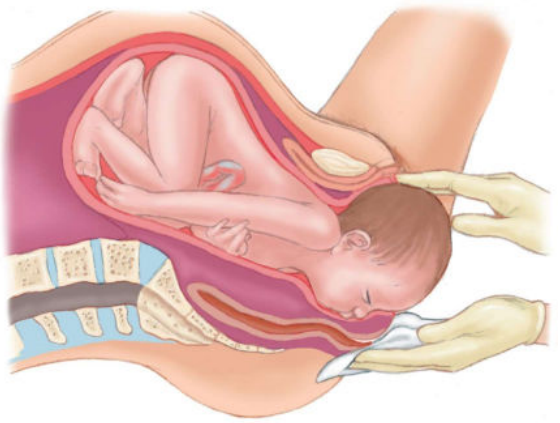
- A pair of sterile gloves
- A disposable plastic apron

- A towel or plastic bag to hold the placenta
- Eye protection gear
- Heavy and flat twine or new shoelaces
- A head covering for the baby
- An under pad
- A drape sheet
- A couple of towelettes
- A sterile scalpel
- Four sterile gauze sponges
- A sterile bulb syringe, and
- Two sterile umbilical cord clamps.

Though you may not need all of it for every delivery, it is still good to have a comprehensive kit, so the clinician has everything needed to handle emergencies during delivery.

Delivering the Baby

- Position for constant view of the vaginal opening
- Be prepared for the patient to experience discomfort
- Provide emotional support
- Communicate with patient through contractions



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So far, we learned about how you should prepare for childbirth, and now, it is time for the actual event! Yes, we are going to talk about what you should do during childbirth.

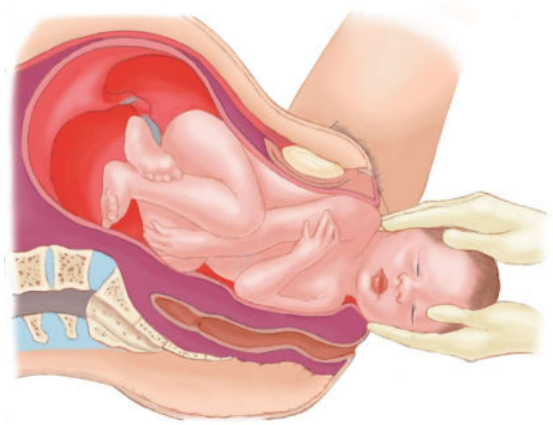
First off, position yourself in such a way that you have a direct view of the vaginal opening. Keep watching out for the baby to come, but before that, you may see a sudden gush of liquid, which is nothing but the amniotic sac.

Typically, this is the first sign that childbirth is going to happen at any time. When the amniotic sac, the contractions enter the final stage. Sometimes, there

can also be a bloody show as the mucous plug covering the cervix drops during the contractions. The patient will start experiencing intense discomfort. Some mothers, especially first-time mothers, can feel scared too. As an EMT, communicate constantly with the mother, and encourage her. Keep providing emotional support and reassure her that everything will be fine. Remember, these words of support and encouragement can be critical for the mother, so do your best.

Delivering the Baby | Assisting with a normal delivery

- Keep someone at mother's head
- Position gloved hands at vaginal opening when baby's head starts to appear
- Place hand on baby's head as it bulges out to prevent sudden uncontrolled expulsion
- Place one hand below baby's head as it delivers



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When the mother experiences intense contractions, get ready to deliver the baby. Within a few minutes, you will see the baby coming out.

Make sure you have someone hold the mother's head to support her.

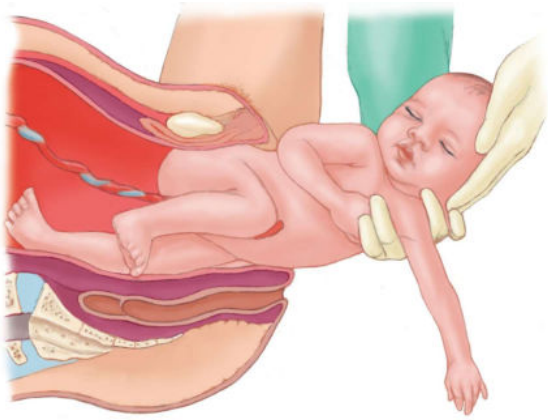
As the baby comes out, keep your gloved hands in position to hold the baby's head. For this, keep your gloved hands near the vagina, and put your hands gently on the baby's head as soon as it comes out. This is essential to prevent the baby's head to sag as it bulges

out, to prevent sudden uncontrolled expulsion.

Ideally, keep your left hand at the bottom and your right hand on top, to hold the baby’s head when it comes out.

Delivering the Baby | Assisting with a normal delivery

- If amniotic sac has not broken at time of delivery, use your finger to puncture the membrane
- Once the head delivers, check to see if the umbilical cord is wrapped around the baby's neck
- Help deliver the shoulders



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At the time of delivery, check if the amniotic sac has broken. If the sac is not broken, use your finger to puncture the membrane. It is important that the sac is punctured for a safe delivery. Otherwise, the baby can aspirate the contents of the amniotic sac. Most times, this sac will get punctured during the second stage of delivery. If it has not, make sure you do it manually.

Now, the baby should be able to slide out easily. Hold the baby's head carefully and catch its shoulders as it comes out. While you hold the baby's head, check if the umbilical cord is wrapped around the baby's neck. And if

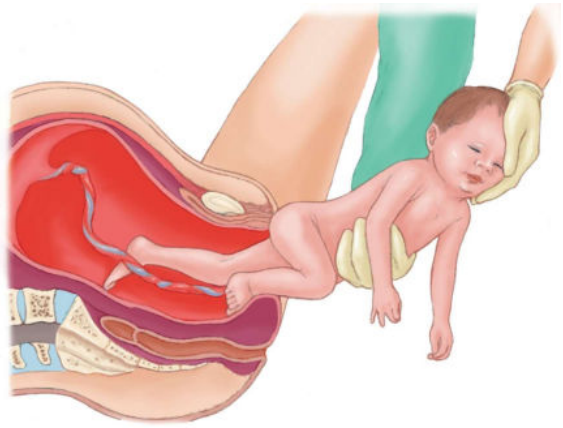
you find the cord wrapped, gently remove it from the baby's neck. Again, this is important to ensure that the cord doesn't strangle the baby.

Although strangulation and resultant asphyxia is rare, you need to be aware of the possibility.

Once you check the cord, and if clear, help the baby to come out by gentling nudging its shoulders. As shoulders are the broadest part of the neonate, a little help will make the delivery a bit easier.

Delivering the Baby | Assisting with a normal delivery

- Support the baby during the entire process
- Assess the airway
- Use syringe to suction mouth and nose if necessary
- Note exact time of birth



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With all this help and support, the baby is almost out in the world. Immediately, hold the baby, and assess its airway. Remember, this is the first breath that the baby is taking in our world. Though everything happens automatically, still assess the airway to check if the baby is breathing fine. Sometimes, you may have to use a syringe to suction the mouth and nose, if necessary. So, be prepared for it. And with this, you have successfully helped to deliver the baby. Finally, make a note of the exact time of birth. With this, we have come to the end of this lesson, and in the next one, Justin will

take you through neonatal care, and providing support to the mother post-delivery.