

LABOR & DELIVERY CLINICAL CHEAT SHEET



MOM'S VITAL SIGNS

BLOOD PRESSURE (BP)	SYSTOLIC 120 mmHg DIASTOLIC 80 mmHg
HEART RATE (HR)	60 - 100 bpm
* RESPIRATORY RATE (RR)	12 - 20 breaths/min
TEMPERATURE (T)	97.8 - 99°F (36.5 - 37.2°C)
OXYGEN (O₂)	95 - 100% <small>*COPD pts are expected to have lower O₂ levels</small>
*NAD TIP: After you are done taking the patient's RR, keep your finger on their pulse while assessing respiratory rate. (Often the patient knows you are taking their respiratory rate, they may breathe differently).	

STAGES OF LABOR

- 1ST STAGE** Regular contractions → Complete dilation (10 cm)
- 2ND STAGE** Complete dilation (10 cm) → Baby is delivered
- 3RD STAGE** Baby is delivered → Placenta is delivered
- 4TH STAGE** Placenta is delivered → Recovery (8 hours postpartum)

BABY'S VITAL SIGNS

BLOOD PRESSURE (BP)	SYSTOLIC 60 - 80 mmHg DIASTOLIC 40 - 50 mmHg <small>(Not done routinely)</small>
HEART RATE (HR)	110 - 160 bpm <small>can be 180 if crying can be 100 if sleeping</small>
RESPIRATORY RATE (RR)	30 - 60 breaths/min
TEMPERATURE (T) (Axillary)	97.7 - 99.5°F (36.5 - 37.5°C)
HAP	Equal to the # of weeks gestation or higher



Breathing pattern is **IRREGULAR**.
Newborns are **ABDOMINAL** breathers.

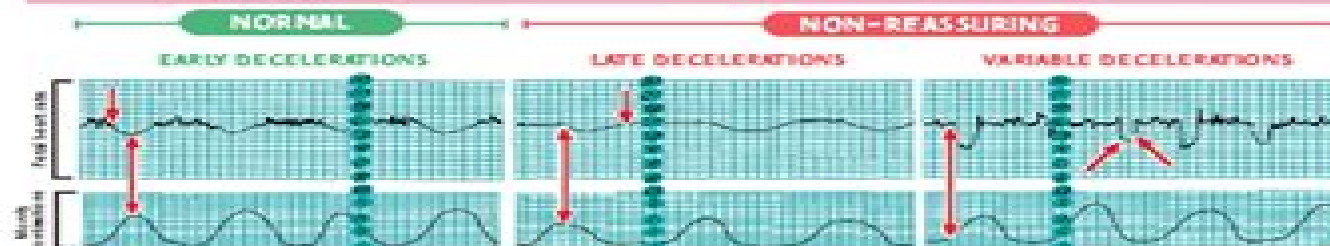
To count breaths, place your hand on their abdomen.
Count for a full minute!



⚠️ SIGNS OF RESPIRATORY DISTRESS

- Retractions
- Nasal flaring
- Grunting

FETAL MONITORING



A TOOL TO HELP INTERPRET FETAL STRIPS

V Variable Decelerations	→	C Cord Compression
E Early Decelerations	→	H Head Compression
A Accelerations	→	O OK (normal fetal response)
L Late Decelerations	→	P Placental Insufficiency

OBSTETRICAL EMERGENCIES

	DESCRIPTION	TREATMENT
Pre-eclampsia / Eclampsia	Eclampsia is when a woman with pre-eclampsia has seizures	BP control, MgSO ₄ , delivery of the baby
Postpartum Hemorrhage (PPH)	Major: blood loss (vaginal birth: >500 mL in 24 hours) (cesarean birth: >1000 mL in 24 hours)	Surgical ligation, hysterectomy, removal of leftover placenta, uterine tamponade & misoprostol
Uterine Rupture	When the uterus ruptures (wall of the uterus breaks open, commonly caused by pressure)	STAT delivery, blood transfusions, possible hysterectomy

MEDICATIONS

OXYTOCIN (Pitocin)	Stimulates uterine contractions
MISOPROSTOL (Cytotec)	Cervical ripening agent
TERBUTALINE (Brethine)	HALTS uterine contractions
NIFEDIPINE (Procardia)	HALTS uterine contractions
MAGNESIUM SULFATE	Preventing & controlling seizures in mothers with pre-eclampsia/eclampsia



APGAR

	0 POINTS	1 POINT	2 POINTS
A ACTIVITY (Muscle tone)	Absent	Flexed arms & legs	Active
P PULSE	0	< 100	> 100
G GRINACE (Reflex irritability)	Flaccid	Minimal response to stimulation	Prevents response to stimulation
A APPEARANCE (Skin color)	Blue / pale all over	Pink body Blue extremities (acrocyanosis)	Pink
R RESPIRATION (Effort)	No breathing	Slow & irregular	Vigorous cry

ASSESSMENT OF APGAR 1 MINUTE and 5 MINUTES after birth.

SCORING & INTERVENTIONS

7-10 The newborn is doing well. Only routine post-delivery care needed.	4-6 Some resuscitation assistance needed: oxygen, suction, stimulate the baby, rub baby's back.	0-3 Newborn full resuscitation needed.
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Michael Brown



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