

LABOR & DELIVERY CLINICAL CHEAT SHEET



MOM'S VITAL SIGNS

BLOOD PRESSURE (BP)	SYSTOLIC DIASTOLIC	120 mmHg 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 (O ₂)		95 - 100% <small>COPD pts are expected to have lower O₂ levels</small>
* PRO 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 (4 hours postpartum)

BABY'S VITAL SIGNS

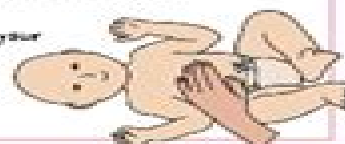
BLOOD PRESSURE (BP)	SYSTOLIC DIASTOLIC	60 - 80 mmHg 40 - 50 mmHg
HEART RATE (HR)		110 - 160 bpm can be 180 if crying can be 100 if sleeping
RESPIRATORY RATE (RR)		30 - 60 breaths/min
TEMPERATURE (T) (Axillary)		97.7 - 99.5°F (36.5 - 37.5°C)
HAP		Equal to the # of weeks gestation or higher



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

To count breaths, place your hand on their abdomen.

Count for a full minute!



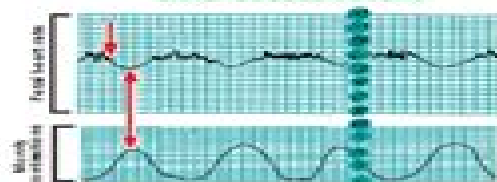
⚠️ SIGNS OF RESPIRATORY DISTRESS

- Retractions
- Nasal flaring
- Grunting

FETAL MONITORING

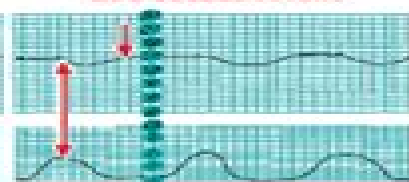
NORMAL

EARLY DECELERATIONS

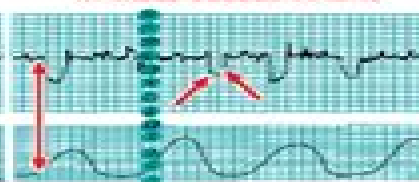


NON-REASSURING

LATE DECELERATIONS



VARIABLE DECELERATIONS



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

No interventions, baby is doing well. Only routine post-delivery care needed.

4-6

Some interventions necessary, newborn requires assistance, stimulate the baby, rub baby's back.

0-3

Baby's full resuscitation needed.



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Table of Contents Labor Study Guide Arco

1. Understanding the eBook Labor Study Guide Arco
 - The Rise of Digital Reading Labor Study Guide Arco
 - Advantages of eBooks Over Traditional Books
2. Identifying Labor Study Guide Arco
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Labor Study Guide Arco
 - User-Friendly Interface
4. Exploring eBook Recommendations from Labor Study Guide Arco

- Personalized Recommendations
- Labor Study Guide Arco User Reviews and Ratings
- Labor Study Guide Arco and Bestseller Lists
- 5. Accessing Labor Study Guide Arco Free and Paid eBooks
 - Labor Study Guide Arco Public Domain eBooks
 - Labor Study Guide Arco eBook Subscription Services
 - Labor Study Guide Arco Budget-Friendly Options
- 6. Navigating Labor Study Guide Arco eBook Formats
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 - Labor Study Guide Arco Enhanced eBook Features
- 7. Enhancing Your Reading Experience
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 - Highlighting and Note-Taking Labor Study Guide Arco
 - Interactive Elements Labor Study Guide Arco
- 8. Staying Engaged with Labor Study Guide Arco
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Labor Study Guide Arco
- 9. Balancing eBooks and Physical Books Labor Study Guide Arco
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Labor Study Guide Arco
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Labor Study Guide Arco
 - Setting Reading Goals Labor Study Guide Arco
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Labor Study Guide Arco

- Fact-Checking eBook Content of Labor Study Guide Arco
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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web the pump is capable of operating from 9v to 14v and relies on a clean strainer see image below and a properly functioning regulator valve serviceable maintain system pressure pump has pump in order to the situations internal overload protection that turns the off restriction under overload or excessive high fuel current back draw pressure

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web mar 7 2012 the primer pump was busted and sucking air the rubber grommets on the metal fuel lines were in pretty bad shape and possibly sucking air and the low pressure fuel pump pop off valve spring was missing

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web the fuel management module includes the high pressure fuel pump wiring and the fuel filter module the air management module identifies the crankcase breather breather filter turbocharger boost control solenoid intake manifold and the egr cooler

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web aug 21 2022 anybody know of the part number or rebuild kit part number for this pressure relief valve dealer says it is not serviceable separate from the whole assembly which is a little under 2000 it might be but double checking

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web check for fuel leaks do a visual inspection of the fuel tanks and the left side of the engine for fuel leaks or damaged fuel lines possible causes include a leaking or damaged fuel tank leaking or damaged fuel line leaking or damaged fuel filter module and a leaking or damaged fuel pump

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web the first port is a compuchek and is located on the front of the filter module unfiltered fuel pressure the second port is a schrader valve located on the front of the intake manifold filtered fuel pressure the schrader port can also be used to bleed air out of the system

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web pressure fuel system to allow for system depressurization use the electronic service tool to monitor fuel rail pressure and cycle the ignition switch to the off position turn the key on with the engine off to verify that rail pressure is within a safe range before opening any high pressure fuel line connections warning introduction 1

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web this document will guide the user through step based diagnostics and snapshot analysis for the high pressure fuel system concerning the dtc 3055 important notice high pressure fuel system issues have been directly linked to the high pressure fuel pump harness 7080246c91 click here for identifiers

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web nov 16 2021 there is a check ball in the primer pump assembly and actual check valve in the davco filter separator if your truck has one click to expand bypassed the fuel water separator

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