

## Supporting Physiologic Birth for L&D Nurses



### OBJECTIVES

1. Identify the hormones of labor and how they contribute to physiologic birth.
2. Discuss the importance of the maternal pelvis, pelvic floor, ligaments, uterine muscle, and cardinal movements of the fetus, how they work together and how they facilitate physiologic birth.
3. Compare maternal positions and movements during labor and how they facilitate the descent of fetus.
4. Display proper use of various birth props such as (but not limited to) sheet, birth ball, and peanut ball.
5. Predict and identify fetal malpositions and how the RN can actively respond to facilitate optimal fetal positioning.
6. Identify causes for labor dystocia and create pathophysiologic solutions to reverse them.
7. Identify patients with a history of trauma and adapt care accordingly.
8. Demonstrate therapeutic communication techniques between the nurse and patient when encouraging a physiologic birth intervention.
9. Explain how understanding and pursuing physiologic birth can decrease cesarean birth rates and maternal morbidity/mortality.
10. Integrate 3 new techniques into practice.

### OVERVIEW/DESCRIPTION

This 8-hour workshop is designed for labor & delivery nurses working with intrapartum women and their partner(s), practicing in the inpatient hospital setting. It will provide information necessary to promote physiologic birth and/or interact with various labor patterns/interruptions through non-pharmacological nursing interventions. This course promotes birth as a normal, physiologic process for the majority of women, but recognizes that there are common interruptions in the birth process that can have an impact on the ultimate mode of delivery. Upon successful completion of the workshop, the participant will be able to educate, triage and better facilitate physiologic birth to meet the desires of the laboring woman and accomplish a vaginal birth. This workshop will be presented through multiple activities, hands-on practice, lecture, visuals, and discussion. This workshop is approved for 8 CEs through the CA BRN/AHNA.

### ITINERARY (all times are PST & need adjustment for different start times)

Time	Topic
0800	Introduction(s)
0810	History & current state of Obstetrics
0820	Reducing Cesareans
0835	Physiologic Birth
0930	Hormones
	Breakout Case Studies
0950	Break
1000	5 P's of Labor - REVISITED
1145	Levels of the Pelvic Cavity
1215	Revised Patient Assessment - ADPIE
1230	LUNCH Break
1320	Choosing a Side for Position Changes - Practicing your Little Pelvis Guy
1350	Asynclitism
1410	Occiput Posterior
1430	Break
1440	Second Stage
1510	Working with Physicians
1525	Closing Reflections/Activity
1540	Q&A
1600	Sendoff to Change the Game