Contra Costa County Emergency Medical Services
Childbirth/Labor

**History**
- Due date
- Time contractions started/how often
- Rupture of membranes
- Time/amount of any vaginal bleeding
- Sensation of fetal activity
- Past medical and delivery history
- Medications
- Gravida/Para status
- High risk pregnancy

**Signs and Symptoms**
- Spasmodic pain
- Vaginal discharge or bleeding
- Crowning or urge to push
- Meconium

**Differential**
- Abnormal presentation
  - Buttock
  - Foot
  - Hand
- Prolapsed cord
- Placenta previa
- Abruptio placenta

**Diagnosis**
- Place patient in left lateral recumbent position
- Note any abnormal vaginal bleeding, hypertension or hypotension
- Inspect perineum (No digital vaginal exam)

**No crowning**
- Monitor and reassess
- Document frequency and duration of contractions

**Crowning > 36 weeks gestation**
- Childbirth procedure
- Establish IV/IO

**Prolapsed cord**
- Shoulder dystocia
  - Hips elevated
  - Knees to chest
  - Insert fingers into vagina to relieve pressure on cord
  - Saline dressing over cord
  - Transport unless delivery imminent
  - Encourage mother to refrain from pushing
  - Support presenting part(s) DO NOT PULL

**Breach birth**
- Transport unless delivery imminent
- Encourage mother to refrain from pushing
- Support presenting part(s) DO NOT PULL

**Unable to deliver**
- Create air passage by supporting presenting part of the infant
- Place 2 fingers along side of the nose and push away from face
- Transport in knee-to-chest position or left lateral position

**Priority symptoms:**
- Crowning at < 36 weeks gestation
- Abnormal presentation
- Severe vaginal bleeding
- Multiple gestation

**Notify receiving facility. Contact Base Hospital for medical direction**

**Delivered Baby**
- Exit to Newly Born TG

**Effective Jan. 2018**
Pearls
- Document all times (delivery, contraction frequency and length, and time cord was cut).
- Document the name of the prehospital provider who cut the cord.
- After delivery, massaging the uterus (lower abdomen) will promote uterine contraction and help to control postpartum bleeding.
- Some perineal bleeding is normal with any childbirth. Large quantities of blood or free bleeding are abnormal.