

LABOR

STAGES OF LABOR

| First Stage | Second Stage | Third Stage | Fourth Stage |
|--|---|---|---|
| Effacement and dilation of cervix | Expulsion of fetus | Separation of placenta | Physical recovery |
| Three stages - latent, active, and transition | Pushing stage | Expulsion of placenta | 1-4 hr after expulsion of placenta |
| Mother is talkative and eager in latent phase, becoming tired, restless, anxious as labor intensifies and contractions become stronger | Mother has intense concentration on pushing with contractions; may fall asleep between contractions | Mother is relieved after birth of newborn; mother is usually very tired | Mother is tired, but is eager to become acquainted with her newborn |

FETAL POSITIONS

| Vertex Positions | Face Positions | Breech Positions | Other |
|--------------------------------|----------------------------|---------------------------|----------|
| ROA (right occipitoanterior) | RMA (right mentoanterior) | LSA (left sacroanterior) | Brow |
| LOA (left occipitoanterior) | LMA (left mentoanterior) | LSP (left sacroposterior) | Shoulder |
| ROP (right occipitoposterior) | RMP (right mentoposterior) | | |
| LOP (left occipitoposterior) | | | |
| ROT (right occipitotransverse) | | | |
| LOT (left occipitotransverse) | | | |

FETAL MONITORING

VEAL - CHOP

| | |
|----------|-----------------------|
| V | VARIABLE DECELERATION |
| E | EARLY DECELERATION |
| A | ACCELERATION |
| L | LATE DECELERATION |

| | |
|----------|-------------------------|
| C | CORD COMPRESSION |
| H | HEAD COMPRESSION |
| O | OKAY! |
| P | PLACENTAL INSUFFICIENCY |