

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