

## TeamBirth Scenario-Based Learning

### In Practice: Labor Support Guide

Isabelle is a primigravida presenting in early labor at 1:00 AM for assessment, after reaching out to her midwife shortly after midnight. Isabelle reports that she has been having strong contractions since yesterday around 3:00 PM and she has not been able to sleep or nap. Isabelle is accompanied by her partner, Alex, who has been home with her since her contractions started.


The triage nurse, Jeff, asks Isabelle about her medical, psychosocial and physical history and presents the Labor Support Guide to Isabelle and Alex. Jeff asks if they have the energy to review it with her, and when Isabelle and Alex agree, Jeff hands them the **Labor Support Guide**.

### Labor Support Guide


Use this guide to identify, discuss, and select options for labor support with your team.

	What are your care goals?	What options can you try?	What options can you try with your team?
<b>MOM</b>	Support labor →	<input type="checkbox"/> <b>Movement:</b> Change positions, walk, or move <input type="checkbox"/> <b>Breathing:</b> Take deep breaths or use relaxation methods <input type="checkbox"/> <b>Therapeutic Touch:</b> Massage, stroking, or cuddling <input type="checkbox"/> <b>Temperature:</b> Apply heat or cold with water or packs <input type="checkbox"/> <b>Environment:</b> Use light, smells, or sounds to create a comfortable space <input type="checkbox"/> <b>Drink:</b> Have ice chips, water, juice, or other drink <input type="checkbox"/> <b>Other:</b> _____	<input type="checkbox"/> <b>Medication:</b> Start or change medications for your pain <input type="checkbox"/> <b>Deliver:</b> Assist vaginal delivery or perform C-section
	Treat medical condition →	<input type="checkbox"/> <b>Other:</b> _____	<input type="checkbox"/> <b>Medications:</b> Start or change medications for your condition
<b>BABY</b>	Manage wellbeing →	<input type="checkbox"/> <b>Reposition:</b> Lay on your side <input type="checkbox"/> <b>Other:</b> _____	<input type="checkbox"/> <b>Monitoring:</b> Change monitoring method <input type="checkbox"/> <b>Re-energize:</b> Use IV or oxygen for you <input type="checkbox"/> <b>Medications:</b> Change or stop medications for your contractions <input type="checkbox"/> <b>Deliver:</b> Assist vaginal delivery or perform C-section
	Promote progress →	<input type="checkbox"/> <b>Movement:</b> Change positions, walk, or move <input type="checkbox"/> <b>Breathing:</b> Take deep breaths or use relaxation methods <input type="checkbox"/> <b>Tools:</b> Use labor support tools, like a birth ball <input type="checkbox"/> <b>Other:</b> _____	<input type="checkbox"/> <b>Break Water:</b> Use tools to break your water <input type="checkbox"/> <b>Medication:</b> Start or change medications for your contractions <input type="checkbox"/> <b>Deliver:</b> Assist vaginal delivery or perform C-section

As Isabelle holds the **Labor Support Guide**, Jeff says, “Let’s review the “Mom” section to identify options to better support your labor.” Isabelle and Alex check off **Movement** and **Breathing**. Jeff assures Isabelle and Alex that the care team can accommodate these options, and also recommends **Environment** and dimming the lights in the room. Isabelle is amazed that she has already engaged with these labor support strategies and appears to relax.

What are your care goals?		What options can you try yourself?	
<b>MOM</b>  Support labor		<input checked="" type="checkbox"/> <b>Movement:</b> Change positions, walk, or move	
		<input checked="" type="checkbox"/> <b>Breathing:</b> Take deep breaths or use relaxation methods	
		<input type="checkbox"/> <b>Touch:</b> Massage, stroking, or cuddling	
		<input type="checkbox"/> <b>Temperature:</b> Apply heat or cold with water or packs	
		<input checked="" type="checkbox"/> <b>Environment:</b> Use light, smells, or sounds to create a comfortable space	
		<input type="checkbox"/> <b>Drink:</b> Have ice chips or a glass of water	
		<input type="checkbox"/> <b>Other:</b> _____	

Next, Jeff says, “Let’s now review the options to manage the wellbeing of your baby. I suggest that you check the **Monitoring** box, as this is standard practice. We can do any of the other options you’d like as well.” The team plans to do an initial fetal monitoring review. The care team also reviews the options to promote labor progress, but decide together that Isabelle’s progress is where it should be and nothing needs to be changed.

<b>BABY</b>  Manage wellbeing		<input type="checkbox"/> <b>Reposition:</b> Lay on your side	<input checked="" type="checkbox"/> <b>Monitoring:</b> Change monitoring method
			<input type="checkbox"/> <b>Refresh:</b> Use IV or oxygen for you
			<input type="checkbox"/> <b>Medications:</b> Change or stop medications for your contractions
			<input type="checkbox"/> <b>Deliver:</b> Assist vaginal delivery or perform C-section

“Seeing these check marks on the guide is a really nice reminder that I can do this and I feel in control of my labor,” Isabelle shares. Isabelle’s partner adds “Movement, Breathing, and Environment” to the “Plan: Mom” section of the Shared Labor and Delivery Planning Board, as well as “Monitoring” to the “Plan: Baby” section. Isabelle thanks her partner and the nurse for supporting her and puts the **Labor Support Guide** on the bedside table in close proximity to her for further ideas.

Following the plan that Isabelle’s care team created together, Jeff performs an initial fetal monitoring review. She is category I and there are no concerns for the baby at this time, so Jeff tells Isabelle she can get up and walk around if she’d like. Jeff also dims the lights in the room and offers Isabelle nutritional options. Isabelle uses deep breathing relaxation techniques between contractions.

The team decides to reconvene in two hours, and Isabelle’s nurse updates the “Next Assessment” section of the **Shared Labor and Delivery Planning Board** with this information.

Labor and Delivery Planning Board	
<p><b>TEAM</b>            Isabelle (patient)            Alex (partner)            Jeff (triage nurse)</p> <p><b>PREFERENCES</b></p> <ul style="list-style-type: none"> <li>- Movement: walk or change positions</li> <li>- Breathing: deep breaths &amp; relaxation techniques</li> <li>- Environment: dim the lights</li> <li>- Monitoring: initial fetal monitoring review</li> </ul>	<p><b>PLAN</b></p> <p>Mom: movement, breathing, environment</p> <p>Baby: initial fetal monitoring review</p> <p>Labor Progress: support mom’s efforts</p> <p><b>NEXT ASSESSMENT</b></p> <p>Reconvene in two hours to recheck cervix</p> <div style="text-align: center; margin-top: 20px;"> <p>EARLY LABOR                      ACTIVE LABOR                      PUSHING</p> </div>