

TEAMBIRTH

Shared Planning Board Guidance

TEAM

Who is on the team?

Birth person and their support

Labor and delivery clinicians

Postpartum clinicians

Examples of what to write:

Birth person's name
Partner's name
Family member's name
Friend's name
Doula's name

Nurse's name
Resident's name
Attending's name
Midwife's name

PCA's name
NICU nurse's name
OB's name
Pediatrician's name
Neonatologist's name
Resident's name
Lactation consultant's name
Tech's name
Social worker's name

In addition to names, consider also noting roles, phone numbers, and/or shift times for clinicians.

PREFERENCES

L&D: Consider starting with general questions like “*what does a good birth look like to you?*” and “*what are your fears about labor?*” to open a discussion about what matters most to them.

Postpartum or LDRP: Consider starting with general questions like “*how would you like to care for your baby after they are born?*” and “*how can we continue to support your comfort after giving birth?*” to open a discussion about what matters most to them.

What types of preferences could the birthing person have?

Support

Ask “*who would you like to have supporting you?*”

Environment

Ask “*how can we make the room most comfortable for you?*”

Position

Ask “*what positions or movement do you want to try?*”

Pain control

Ask “*how do you want to manage your pain and coping?*”

Interventions

Ask “*what interventions do you want? What interventions do you want to avoid?*”

Baby Care

Ask “*what would you like to happen once your baby is born? Is there anything you would like to avoid?*”

Examples of what to write:

Work with doula
Support from dad
FaceTime with grandma

Low light
Quiet voices
As few interruptions as possible

Stand and walk
Change positions
Use birthing ball

No epidural
Epidural
Breathing methods
Massage

Vaginal delivery if possible
No IV fluids
Break waters if needed

Skin-to-skin
Breastfeeding
Circumcision
Medications
Bath time

PLAN

What types of care plans are you developing?

Mom

Examples of what to write:

Sips and chips
Breathing methods
Change positions
Epidural

Baby

Monitor
Feed every 2-3 hrs
NICU coming at [48 hr mark]

Progress (L&D only)

Let labor take its course
Stand and walk
Use birthing ball
Break waters
Medicine for labor (Pitocin)

NEXT CHECK-IN

What types of expectations can you set for when the team may come back together?

Examples of what to write:

Time

Around 5pm
Tomorrow morning (by 11 AM)
During daily rounding (give time range)

Time interval

In 2-4 hours
Nurse update every 4 hours
At next shift change

Condition

When your pain gets worse
When you're ready to push
If you have any concerns
If change in orders
Before discharge