

Best Start Resource Centre – Prenatal Education Program

# Medical Interventions & Caesarean Birth

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**meilleur départ**  
Resource Centre/Centre de ressources

by/par health **nexus** santé



# Suney and Tara



# Informed Decision Making and Consent

- B - Benefits
- R - Risks
- A - Alternatives
- I - Intuition
- N – No/Not right now



# Common Assessments During Labour

## Assessment of:

- Vital signs
- Baby's heart rate
- Contractions
- Dilation of cervix



# Listening to Baby's Heartbeat



- Intermittent monitoring using a handheld ultrasound
- Continuous monitoring using an Electronic Fetal Monitor

# Membrane Sweep



# Induction of Labour



- Cervical ripening
- Intravenous oxytocin
- Amniotomy

# Improving Labour Progress

- Urinate often
- Walk
- Change position often





# Intravenous Infusion

Used for:

- Medication delivery
- Epidural
- Rehydration



# Pain Relief Options



# Pain Relief Options

- Non-opioid analgesics
- Opioid analgesics
- Anesthetics



# Nitrous Oxide



- Self-administered
- Only used during contractions
- Often used during transition, early pushing or while waiting for other pain relief

# Epidurals and Spinals - Description

- Provide temporary pain relief
- Block sensation to uterus, abdominal area and lower back
- Can be used during labour and for Caesarean birth



# Epidurals and Spinals - Procedure



- IV needed
- Lie on side or sit with back curved outward
- Area numbed with local anesthetic
- Test dose followed by full dose
- Best when connected to pump for continuous infusion

# Epidurals and Spinals - Benefits and Risks

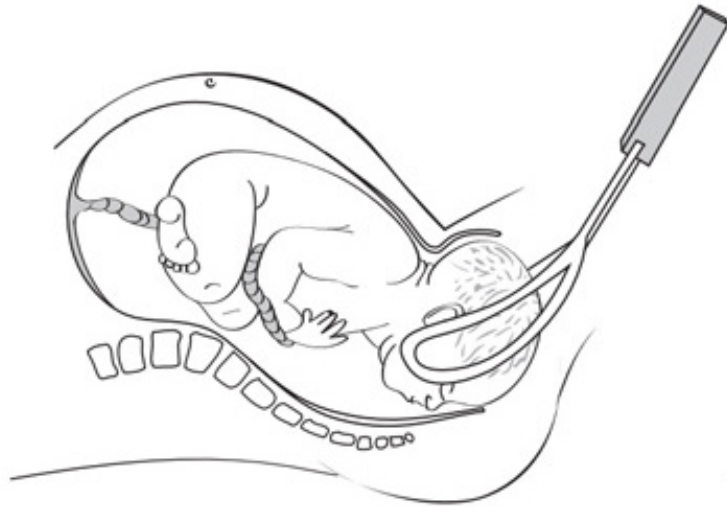
## ● Benefits

- Most effective method of pain relief
- Allows the labouring woman to rest
- Allows her to be awake and alert
- Less risk of side effects for baby compared to narcotics

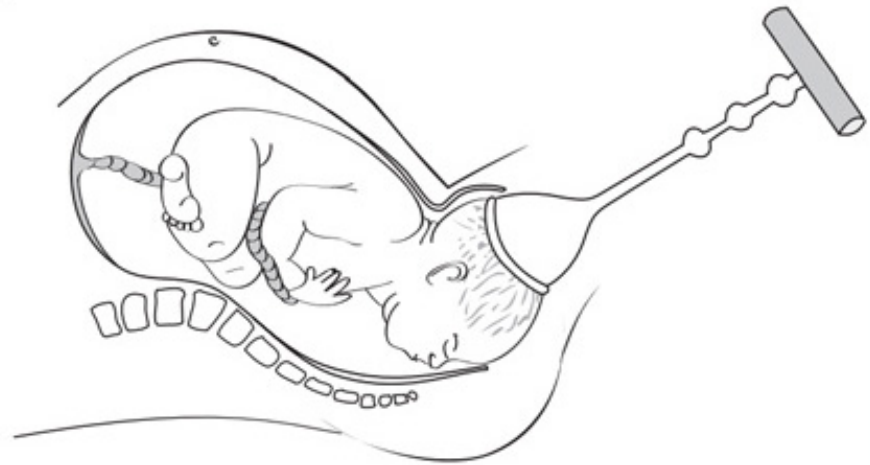
## ● Risks/Side Effects

- Possible effects on the baby
- Breastfeeding challenges
- Decrease in blood pressure, possibly decreasing fetal heart rate
- Limited mobility
- Incomplete pain relief
- Headache
- Shivering
- Slowed labour
- Decreased ability to effectively push
- Etc.

# Assisted Birth



Forceps



Vacuum Extraction

- Forceps
- Vacuum Extraction
- Episiotomy



# Caesarean Birth - Why it may be needed



- Position of baby
- Placenta covering cervix
- Placenta not functioning well
- Multiple babies
- Genital herpes with symptoms
- HIV with high viral load
- High blood pressure or blood sugar
- Previous Caesarean birth

# Caesarean Birth - Risks



- Risks for mother
- Risks for baby
- Ways to reduce risk

# Caesarean Birth - Preparations

- Bloodwork
- Nothing to eat or drink
- Intravenous
- Anesthesia
- Urinary catheter



# Caesarean Birth - What to Expect During Surgery



You may:

- Have your partner or support person present
- Be pain free
- Feel tugging or pressure
- Be in surgery for 1-2 hrs.
- Feel sleepy or shivery

# Caesarean Birth - What to Expect After Surgery

## For baby

- Physical assessment
- Skin-to-skin
- Breastfeeding

## For mother

- Physical assessment
- Transfer from operating room
- Return to regular diet
- Pain management
- Removal of catheter
- Gradual return to normal activities



# Medications, Caesarean Births and Breastfeeding



# Birth Video



# Informed Decision-Making





# Birth Plan

## BIRTH PLAN

We encourage you to write down your wishes and desires for the birth and to discuss these with your physician. (Use additional sheet, if necessary)

Your support People:

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Your preferences about pain control:

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Medical interventions during labour:

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Second stage and delivery:

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# Birth Plan

- Support people
- Pain control
- Medical interventions
- Second stage and birth



# Birth Plan



- Most important issues
- Concerns or fears
- Infant feeding
- Newborn procedures

# Additional Resources

- Hospital or birthing centre tour
- Health care provider
- Certified Doula
- Local public health unit
- Society of Obstetricians and Gynaecologists of Canada
- Childbirth Connection (U.S.A)
- Childbirth and Postpartum Professional Association (CAPPA)
- International Caesarean Awareness Network (ICAN)
- Lamaze International
- International Childbirth Education Association (ICEA)
- 40 reasons to go to the full 40  
[www.health4mom.org/zones/go-the-full-40](http://www.health4mom.org/zones/go-the-full-40)

The information represents the best practice guidelines at the time of publication. The content is not officially endorsed by the Government of Ontario. Consult your health care provider for information specific to your pregnancy.



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[www.beststart.org](http://www.beststart.org)

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