

Normal Labor, Birth & Immediate Postpartum

Study Group Module

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Normal Labor, Birth & Immediate Postpartum

National Midwifery Institute, Inc.

Study Group Coursework

Syllabus

Description:

This module explores the normal processes of labor, birth, and the immediate postpartum as an introductory outline. It includes recommended reading materials in print and online, and asks students to complete short answer questions for assessment, long answer questions for deeper reflection, and learning activities/projects to deepen your hands-on direct application of key concepts.

Learning Objectives:

- Define onset labor
- Diagnosis of labor
- Differentiating prodromal labor
- Initial evaluation of labor
- Define stages of labor
- Identify normal progression of labor
- Identify indications for stimulation of the onset of labor, and augmentation of uterine contractions
- Understand initial labor assessment
- Understand expectant management of low risk client
- Be clear about the design of professional care for low risk labor and the need for attention to the details of making the process more user-friendly;
- Question any activity performed in low risk labor without clear justification;
- Manage the first stage of labor;
- Encourage clients to use different positions during the first stage of labor
- Use a variety of non-pharmacological methods of managing pain in labor;
- Know what observations to make to observe progress in labor
- Understand monitoring labor and birth
- Know how to manage a client's diet during labor;
- Recognize psychological and cultural aspects of labor and birth
- Describe the appropriate hand maneuvers for a vertex birth

- Identify indicators of need for operative deliveries or assisted deliveries
- Understand benefits of immediate skin-to-skin after birth
- Understand facilitation of the first latch and feed
- Provide a safe environment for mother and infant to promote attachment
- Use of the APGAR score.
- Understand monitoring the client in the immediate postpartum
- Understand normal blood loss
- Identify low birth weight babies
- Understand low birth weight baby development
- Understand referrals for low birth weight babies
- Understanding incorporation of client feedback
- Utilizing communication and listening skills at the birth and postpartum

Learning Activities:

- Research and read appropriate study sources, seeking out additional study sources where needed
- Complete short answer questions in attached module document for assessment
- Complete long answer questions for deeper reflection in attached module document for assessment
- Complete learning activities listed in attached module document for assessment
 - Make a checklist for assessments in labor and early postpartum
- Submit work to Study Group Course Coordinator
- Reflect on feedback from Study Group Course Coordinator and re-submit work as needed

Study Sources (print):

Use keywords from the Learning Objectives to search the table of contents and index of the required reading listed below. Read those pages listed, and read the chapter in which they are found. Establish a context for the information so that you understand how other topics are related. In addition, flip through each text to familiarize yourself with the content of chapters. As you work through Study Group modules, you will eventually read each text in its entirety.

Required Reading (print):

- Varney's Midwifery, 6th edition
- Myles Textbook for Midwives, 17th edition
- Holistic Midwifery Vol II, Frye

Study Sources (online):

See NMI website **Normal Labor, Birth, & Immediate Postpartum** module web resources section for current online study sources for this module

Related Modules:

- Normal Pregnancy and Prenatal Care
- First Stage of Labor

- Second Stage of Labor
- Postpartum
- Hemorrhage
- Pelvic Health, Birth Lacerations, and Suturing

Submitting Module for Assessment:

Study Group modules are accepted electronically in PDF format *only*. We encourage you to submit modules as you complete them throughout each quarter of enrollment.

Please e-mail your completed Study Group module to:

Study Group Course Work Instructor nmistudygroup@nationalmidwiferyinstitute.com

Once your module has been emailed to us, you will receive an email confirmation that we have received it. Study Group modules are reviewed and returned in digital format as PDF documents. Modules can take up to 1 month from submission to be reviewed and returned to you. We will return your module as an e-mail attachment. Each module includes an Evaluation Sheet at the end of the pdf. The module's page on the student portal also includes a link to a fillable online module evaluation sheet. Please take the time to fill out the module evaluation sheet and return it to us for each module, it helps us to improve our course work.

Please follow these formatting guidelines when submitting modules:

- Your first initial and last name in title of PDF, along with name of module. Example: "ERyanFirstStage.pdf"
- Title of module on the document's front page
- Your name on the document's front page
- Provide the text of each question, followed by a blank line and then your thoughtful answer (without the question, you have commentary without context)
- Blank line between the answer for a question and the next question: question, blank line, answer, blank line, question, blank line, answer...
- Please leave margin space for our comments!
- Don't use script or cursive writing style text
- Font size not smaller than 12
- Credit sources of direct quotes

Completion Requirements and Feedback:

In order to complete this module for graduation purposes from National Midwifery Institute you must review all resources, complete the attached short answer questions for assessment, long answer questions for deeper reflection, and learning activities/projects, and submit them as detailed above. Upon return to you, your coursework may have feedback or ask for additional information or exploration on certain topics. Your work will be evaluated in the following Rubric (pasted below). You must achieve a minimum score of **7.5** in order to move on to your next module, though we encourage all students to strive for a **10**.

	Level 1 (0 Points) Not Adequate	Level 2 (1 Point) Developing Adequacy	Level 3 (1.5 points) Meets Basic Expectations	Level 3 (2 points) Exceeds Expectations	Student Score
Completion of module prompts and elements	-Module not completed	-Major Elements of module are missing	-All aspects of module elements present, with some minor questions unanswered or missing	-All aspects of module elements present and answered completely	
Demonstrates Comprehension of module content and concepts	- Lack of comprehension	- Responses are unclear and do not reflect basic comprehension of module concepts	- Responses are clear and reflect basic comprehension of module content and concepts	- Responses are clear, well written, and reflect in-depth comprehension of module content and concepts. Added subpoints and additional reflections demonstrate a deeper knowledge and curiosity.	
Analysis	- Key terms not defined	-Inaccurate definitions of key items -Limited connections made between evidence, subtopics and clinical experience	-Accurate definitions of key items -Connections made between evidence, subtopics and clinical experience -Incorporation of original ideas and incorporates some clinical experience in responses where possible	- Accurate definitions of key items -Strong connections made between evidence, subtopics and clinical experience	
Evidence	- No research evidence used	-Research not used -Research not clearly connected to questions asked in module	-Research is present but limited -Research presented is weak or not relevant to communities served by midwives	-Research is abundant -Research is compelling and relevant to communities served by midwives	

Engagement with Learning Resources	-Evident study sources were not utilized	-Evident study sources were partially utilized	-Evident that study sources were fully utilized	-Evident that study sources were fully utilized and independent research was undertaken -Full incorporation of original ideas, personal analysis and incorporates relevant clinical experience in all areas possible	
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Module Submission Attestation

All students must complete **one attestation form along with each module submission**. This reminds students of submission guidelines and expectations. It is also an NMI graduation and MEAC requirement. Please put your name, read the fine print, and check each box as indicated. Thank you!

First and Last Name:

Email:

I have submitted my module by email (required)

I have emailed my module to nmistudygroup@nationalmidwiferyinstitute.com. I have made sure I followed submission and formatting instructions carefully, as outlined in the module syllabus. I have submitted a .pdf document, and all project attachments as requested.

☐ **I have read the fine print. I have emailed my module.**

The work I have submitted is my original work (required)

I have not plagiarized my work, rather, my work is in my own words and reflects my own unique ideas. When sourcing ideas from others, I have quoted, cited, and/or attributed their ideas properly. If there is any question about the originality of my work, a Study Group Coursework Coordinator will contact me.

☐ **I have read the fine print. I certify that I have submitted original work.**

I have submitted a module feedback form (required)

I understand I must submit at least ten module feedback forms throughout my time completing Study Group Coursework. These module feedback forms solicit student feedback in order to improve modules and keep them relevant and up-to-date for optimum student education.

- ☐ **Yes, I submitted a module feedback form for this module**
- ☐ **No, I have not chosen to submit a module feedback form for this module.**

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Short Answer Questions

- 1. What are Braxton-Hicks contractions? When do they typically begin? How are they differentiated from labor contractions?
- 2. Define labor onset. How is labor diagnosed?
- 3. What is prodromal labor?
- 4. What are the stages of labor?
- 5. List the initial assessments done once you have established a client is in labor
 - a. what assessments are done in first stage and how often?
 - b. what assessments are done in second stage and how often?
- 6. Beyond the vitals what else is the midwife doing in first stage? Second stage?
- 7. List 3 positions that are good for a laboring client and why/ when they are ideal.
- 8. Who should choose the labor or birth position and why?
- 9. Other than position changes, what can you offer as “pain management”?
- 10. What is the average length of labor/ “normal progression of labor?” for a primipara? A multipara?
- 11. When does labor need to be stimulated or augmented?
- 12. What is the average pushing time for a primipara? A multipara?
- 13. Describe the use of Forceps and Ventouse/Vacuum for assisted vaginal delivery, and when each is indicated.

(Variably referred to in the literature as "assisted" vaginal birth, "operative" vaginal birth, and "instrumental" vaginal birth.)

14. Describe Cesarean Section for surgical birth, and when it is indicated.
15. Describe the appropriate hand maneuvers for a vertex birth.
16. When do you first assess the baby after birth?
17. What are APGARS? When are they assessed?
18. How are APGARS used in midwifery care?
19. What is normal bleeding after a vaginal birth?
20. When do you expect delivery of the placenta?
21. What is EBL?
22. Define a hemorrhage.
23. How often do you check the fundus after delivery?
25. What vitals does a midwife check on clients in the immediate postpartum? How often?
26. What vitals does a midwife check on babies in the immediate postpartum? How often?
27. What options do clients have for clamping and severing of the umbilical cord following birth?
28. Why must a person urinate before you leave their home / discharge their care?
29. How long do you stay to monitor a healthy client and their baby after the birth?
30. How do you incorporate client feedback into the birth and postpartum

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Long Answer Questions for Deeper Reflection

31. Discuss the need for hydration and nourishment in labor. What do you recommend people consume? When?
32. What observations might tell the midwife the client's labor is progressing?
33. When should a person have a vaginal exam in labor?
34. Describe the common expectations for a primipara labor and birth vs a multipara labor and birth. How does one's culture affect expectations?
35. Describe communication during birth? What tools do you use to improve your communication with the birthing person? How can our communication style affect the birthing person?
36. What is the "golden hour"? How can midwives support the golden hour and monitor the new parent and baby?
37. Other than vitals what does a midwife do postpartum? How does this support healthy transition and bonding?
38. How do you estimate blood loss?
39. What is the normal range for a baby's weight?
40. What defines low birth weight (LBW)? What information or referrals do parents of LBW babies need? (see open learning resource in online resources)
41. Define Expectant management and give an example of how it would be used in labor/birth and postpartum.

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Study Group Coursework

Projects/Learning Activities

42. Make a checklist for your own use for assessments in labor and when they should be performed. Include assessments or reminders to yourself preceding the second and third stage, and for immediate postpartum assessment.

REMEMBER!

Take **Post-Test 1** when you have completed all the modules in this set.