Positioning Patients During 1st and 2nd Stage Labor

Rachelle Fante

3 P's of Labor

- Power
- Passenger
- Passageway

Problems with the 3 P's

- Asynclitic presentations
- Dysfunctional uterine contraction
  - Pitocin
- Inadequate pelvis- CPD
  - Positioning

Hydration

- Fetal distress, when not due to hypotension, is not aided by a bolus of fluids.

- This study presents the novel finding that increasing fluid administration for multiparous women in labor above rates commonly used is associated with a lower frequency of prolonged labor and possibly less need for oxytocin. Thus, inadequate hydration in labor may be a factor contributing to dysfunctional labor and possibly cesarean delivery.

Asynclitic Presentation: What is it?

<table>
<thead>
<tr>
<th>Posterior Asynclitic</th>
<th>Anterior Asynclitic</th>
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<tbody>
<tr>
<td>The posterior parietal bone is lower than the anterior parietal bone</td>
<td>The anterior parietal bone descends first</td>
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<tr>
<td>The sagittal suture is closer to the symphysis pubis than to the promontory of the sacrum</td>
<td>The sagittal suture lies closer to the sacral promontory than to the symphysis pubis</td>
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<tr>
<td>The biparietal diameter of the head is in an oblique relationship to the plane of the inlet</td>
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Anterior Presentation

Posterior position
Positioning

- It is important to change positions at least hourly, but patient will dictate depending on what is most comfortable.
- Be creative; adjust for your mom.
- Get support people involved.
- Empower patient to move and work with her labor, not against it.

Sidelying Benefits

- Allows for rest
- Gravity neutral
- Avoids rectal pressure
- May help with rotation of the OP fetus

True Sidelying Position

Semi-prone with leg supported

- Gravity advantage
- Increases pelvic inlet
- Pressure on the sacrum may impair rotation

Semi-Sitting

- Gravity advantage
- Access for placement of hot or cold packs
- May increase pelvic inlet

Sitting Upright
Leaning forward with support
- Gravity advantage
- Restful
- May provide relief from back labor
- May help with rotation of OP
- Enlarges the pelvic inlet

Sitting, leaning on an bedside table

Straddling a chair

Kneeling, leaning forward with support
- Gravity advantage
- Aligns fetus
- Enlarges pelvic inlet better than sidelying or sitting
- Allows for swaying and rocking
- Allows for back massage

Kneeling, leaning forward with support

Kneeling over the back of the bed

Standing, leaning forward

Knee Chest
- Open knee chest
  - Kneeling
  - Chest is on the bed
  - Buttocks is higher than chest
  - Hips are flexed greater than a 90 degree angle, not drawn up under the trunk

Asymmetrical Upright Positions
- Increase pelvic outlet
- May help with OP rotation
- Gravity advantage
- May reduce back pain
Lunge

Belly Lifting

• Place hands where the contraction starts
• Fingers should move to meet at the lower abdomen
• Begin to lift with your hands keeping the upper arms still
• Use your elbows as the hinge, do not lift with your shoulders

Thank you…