Normal birth—Second stage

Care is woman centred and includes informed choice, consent, privacy and respectful communication. Contemporaneous documentation is essential.

Second stage (full dilatation) in the low risk, term woman

Yes

Baby visible or urge to push

No

Active second stage

Full cervical dilatation or baby visible with involuntary expulsive contractions

Supportive care—consider
- Measures to promote, protect, support normal birth
- Maternal/fetal wellbeing and expected progress
- Maternal position: encourage to find comfortable position(s), upright preferred
- Provide emotional support

Assessment
- Maternal and fetal condition
- Progress and descent of presenting part
- FHR: toward the end of and after each contraction or at least every 5 minutes
  - Differentiate from maternal pulse
- Temperature, BP: 4 hourly
- Maternal pulse: every 15 minutes and if indicated to differentiate from FHR
- Contractions: continuous assessment
- Abdominal palpation: Prior to VE and as required to monitor progress
- Offer VE only if indicated
- Nutrition and hydration: offer oral fluids between contractions
- Bladder: monitor and encourage voiding
- Discomfort and pain
  - Warm perineal compress may aid comfort

Delay in active second stage

Birth not imminent and:
- Nulliparous woman (any of):
  - Insufficient flexion/rotation/descent within 1 hour
  - Active phase > 2 hours
  - Active and passive phase > 3 hours
- Multiparous woman (any of):
  - Insufficient flexion/rotation/descent within 30 minutes
  - Active phase > 1 hour
  - Active and passive phase > 2 hours

Longer durations may be appropriate where:
- Maternal and fetal condition is optimal
- Appropriate consultation and referral has occurred

Passive second stage

Full cervical dilatation without the urge to push

Care and assessment
- FHR: every 15 minutes
- Differentiate from maternal pulse
- Delay pushing if no urge to push
- Other care and assessment as per active second stage

Delay in passive second stage

- In 1 hour (multiparous and nulliparous) if:
  - No urge to push or
  - No evidence of flexion/rotation/descent

Risk factors or diagnosis of delay?

Yes

Discuss, consult, refer, manage as per professional and Queensland guidelines

No

Risk factors or diagnosis of delay?

Yes

Third and fourth stage

Refer to flow chart: Normal Birth—Third and fourth stage

No

BP: blood pressure, FHR: fetal heart rate, VE: vaginal examination, >: greater than