

Imminent Birth

Ask the woman

- How many weeks/months pregnant
- When did the contractions start
- Any vaginal discharge or bleeding
- Has she felt the baby moving

Presenting signs and symptoms

- Uterine contractions
- Uncontrollable urge to push
- Baby's head visible at the vulva

CALL FOR HELP using RSQ — 1300 799 127

Primary Health Care Centres: Contact a Medical Officer via your usual pathway

A normal birth is not an emergency—
remain calm and talk to the woman about what you see happening

Prepare for birth

- Make room as warm as possible
- Have warm towels ready to dry the baby
- Open birth pack, put on gloves and eye protection

Position woman for comfort

- Kneeling, hands and knees, squatting, on her side – not on her back
- Do not encourage hard pushing

Allow the woman to birth naturally—you do not need to help the baby out
Note the time of birth

Management of the placenta

For active management of the 3rd stage of labour refer to:

- Queensland Clinical Guideline: Normal birth
- Primary Clinical Care Manual

Care of baby

- Keep baby warm and dry, skin to skin with the mother
- Encourage breastfeeding as soon as possible (this also helps the uterus to contract)
- Monitor breathing, heart rate and colour (in good light)

Care of mother

- Keep warm, offer light refreshments
- Monitor BP, pulse and vaginal blood loss
- Check the top of the uterus is firm (just near the umbilicus)