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

**Support 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)