

Labour & Birth Care



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Course Overview

Childbirth is an extraordinary and challenging life event which profoundly influences a woman's physical, social and emotional well-being. The care, information and emotional support that the midwife offers the labouring woman and her chosen companions can set the scene to protect the woman's physical wellbeing and nurture her emotional strengths.

Throughout this course, participants will rediscover the processes for preparing for a woman in labour, including suggested questions for assessing the progress of labour, her current location, her level of safety, and if she has any supporters with her

Completing this course will:

- Reaffirm your ability to accept a labouring woman and her supporters into your care;
- Ensure you can confidently care for a labouring woman through the birthing process;
- Refresh your strategies for familiarising yourself with your work environment;
- Update your research skills and knowledge in midwifery best practice;

This course is designed for registered midwives who want to refresh their knowledge about working in partnership with women during pregnancy, labour, birth.

CPD:

This course has been recognised by the ACM for 9 CPD hours, which is equivalent to the course duration.

Course Access:

All users are provided with 12 months access from the date of their enrolment.

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Module 1: Admission in Labour

- Describe a four-point process for preparing to accept care of a woman in labour
- Explain what information should be shared from the initial phone call with a woman in labour
- Summarise the influence of endogenous oxytocin and the implications of the fear cascade
- Describe effective processes to support women in labour
- Be able to identify elements to support a positive birth environment

Module 2: Supporting the Physiology of Labour

- Describe the elements of support and how to create a supportive birth environment
- Describe how to undertake an assessment of labour and labour progress
- Being able to communicate the difference between the stages of labour
- Understanding and communicating the latent phase
- Being able to describe ways women can avoid early admission to hospital
- Understanding the benefits/risks of eating and/or drinking in labour
- Describe the key elements to supporting a woman in active labour
- Describing the benefits of utilising water in labour

Module 3: Fetal Surveillance, Induction & Augmentation

- Describe the different options for fetal monitoring during labour
- Understand the role of electronic fetal monitoring and best practice in regards to fetal monitoring during labour
- Awareness of options for induction and augmentation of labour and any related risks or benefits that need to be communicated to the woman
- Reflect on your midwifery role in the context of providing evidence-based information to women

Module 4: Working with Pain in Labour

- Describe the current pain relief choices for women in Australia
- Understand the importance of the birth environment and your role in supporting women
- Be able to identify at least five non-pharmacological options and describe how they may be used by women
- Be able to describe the most common pharmacological pain relief options including any advantages or disadvantages of their use

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Module 5: Breech, VBAC, Emergency Care & Birth in Theatre

- Understand the current practices and care requirements for a woman with a breech presentation
- Understand the current practices and care requirements for a woman wishing to have a vaginal birth after caesarean
- Understand your requirements for the provision of emergency care
- Be able to identify key areas of practice that may influence the care you provide
- Describe your role in supporting women who birth in theatre
- Be able to refer to and use the ACM's Midwifery Guidelines for Consultation & Referral

Module 6: Second Stage Labour

- Identify key factors that influence the care women receive during the second stage of labour
- Understand the impact of traditional practices during the second stage of labour
- Explain ways the midwife can support women to be attuned with their own labour rhythms
- Describe the elements of clinical care that can reduce intervention in the second stage of labour
- Reiterate the key elements of supportive care to ameliorate distress experienced by women and their support people during an instrumental vaginal birth
- Identify factors that increase or reduce perineal trauma and explore approaches to support the perineum

Module 7: Third & Fourth Stage Labour

- Discuss timing of clamping and cutting the baby's cord
- Describe active and physiological management of the third stage of labour
- Explore the skills, knowledge and confidence needed for each approach
- Explain the importance of skin-to-skin contact between mother and baby immediately after birth
- Promote the initial breastfeed in a calm and unhurried manner
- Undertake perineal assessment and repair or refer as required