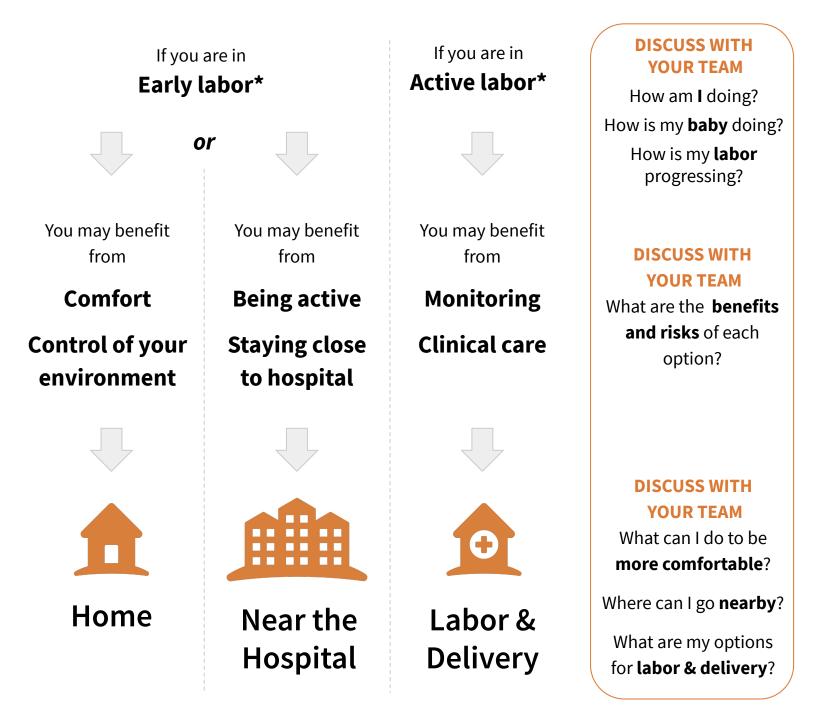
## **Admission Discussion Guide**

Discuss the best next steps with your support, your nurse, and your provider based on how you are doing, how your baby is doing, and how your labor is progressing.



\* The American College of Obstetricians and Gynecologists (ACOG) defines labor as contractions that result in cervical change. Active labor typically begins at 4-6cm with accelerated cervical dilation



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ROOM \_\_\_\_\_

EARLY LABOR	ACTIVE LABOR PUSHING			
MY CARE TEAM PATIENT: PARTNER & FAMILY:	LABOR PLAN MOM			
PROVIDER: PEDIATRICIAN: NURSE: CHARGE NURSE: OTHER:	Baby			
MY PREFERENCES	PROGRESS			
	NEXTASSESSMENT			
NOTES				

## Labor Support Guide Use this guide to identify, discuss, and select options for labor support with your team.

What are	your care go	als?	What options can you try yourself?	What options can you try with your team?
lab MOM Tre me	Support labor	-	<ul> <li>Movement: Change positions, walk, or move</li> <li>Breathing: Take deep breaths or use relaxation methods</li> <li>Touch: Massage, stroking, or cuddling</li> <li>Temperature: Apply heat or cold with water or</li> <li>Environment: Use light, smells, or sounds to crocomfortable space</li> <li>Drink: Have ice chips or a glass of water</li> <li>Other:</li> </ul>	eate a
	Treat medical condition	-	□ Other:	Medications: Start or change medications for your condition
BABY	Manage wellbeing	•	<ul> <li>Reposition: Change your position</li> <li>Other:</li> </ul>	<ul> <li>Monitoring: Change monitoring method</li> <li>Refresh: Use IV or oxygen for you</li> <li>Medications: Change or stop medications for your contractions</li> <li>Deliver: Deliver: Assist vaginal delivery or perform C-section</li> </ul>
PROGRESS	Promote progress	•	<ul> <li>Movement: Change positions, walk, or move</li> <li>Breathing: Take deep breaths or use relaxation methods</li> <li>Tools: Use labor support tools, like a birth ball</li> <li>Other:</li></ul>	<ul> <li>Break Water: Use tools to break your water</li> <li>Medication: Start or change medications for your contractions</li> <li>Deliver: Assist vaginal delivery or perform C-section</li> </ul>

## **Assisted Delivery Discussion Aid**

Use this aid in team discussions about assisted vaginal delivery or C-section. Assisting delivery may be appropriate if your condition meets these criteria, but **discuss with your team what is best for you and your baby** (see Labor Support Guide for options).

