

Stand Alone 6 – First Aid

Session 15 – Childbirth

LD 34 – First Aid

Date Revised: 11/19/19

Course Goal: To teach recruit officers how to provide first aid and CPR. Utilize CAPRA.

Session Goal: To teach recruit officers to provide appropriate first aid measures to assist before, during and after childbirth in an emergency [34.VI].

Learning Objectives:

- Recognize the signs of imminent birth [34.VI.A]
- Recognize appropriate first aid measures for each of the following emergency situations that may occur in childbirth [34.VI.B]
 - Excessive vaginal bleeding [34.VI.B.1]
 - Newborn fails to breathe [34.VI.B.2]

Session Time: 1 hour

Resources: <ul style="list-style-type: none">• Classroom with tables• White board• Dry-erase markers	
Session Summary: The instructor will lead an overhead facilitated discussion with the students.	
Outline	Instructor Notes
I. Childbirth [1] A. Normal labor and childbirth 1. First responder actions [2] a. Use PPE's b. Prevent explosive delivery with gentle head pressure c. Use a firm grip on the infant d. Dry infant quickly and keep warm e. Keep newborn at the same level as the mother f. Deliver the placenta and save it for transport with mother 2. Transport prior to birth [3] a. Only if the mother is in the first stage of labor 1) Not straining 2) Contractions are greater than 5 minutes apart 3) No signs of crowning [4]	Facilitated discussion (1 hour): [1] Ask – What are some of the considerations when handling a childbirth scenario? [2] Ask – What actions should you take as a first responder during a normal labor and childbirth situation? [3] Ask – Why would you choose to transport the mother to the hospital? <ul style="list-style-type: none">• When would you not transport?• What are the indicators of the first stage of labor? [4] Ask – What is crowning?

Stand Alone 6 – First Aid

Session 15 – Childbirth

LD 34 – First Aid

<p>b. If transport is safe, continue to monitor the woman while waiting for EMT's to arrive</p> <p>3. Imminent birth [5] [34.VI.A]</p> <p>a. Contractions are less than two minutes apart (five minutes if second or subsequent birth)</p> <p>b. The woman feels and urgent need to bear down</p> <p>c. Crowning is present</p> <p>d. The amniotic sac has ruptured (water has broken)</p> <p>B. Complications in childbirth [6]</p> <p>1. Excessive bleeding [34.V.B.1]</p> <p>a. Profuse bleeding from vagina</p> <p>b. Mother may or may not experience abdominal pain</p> <p>c. Take appropriate measures to prevent shock</p> <p>d. Absorb blood with towels or pads, apply more as necessary</p> <p>e. Arrange for immediate transfer to a medical facility</p> <p>2. Transportation considerations</p> <p>a. Immediately transport to nearest medical facility if:</p> <p>1) Limb presentation</p> <p>2) Breach presentation (buttocks first)</p> <p>3) Cord presentation</p> <p>4) Delayed delivery</p> <p>b. In preparing for transportation, ensure mother is in the prone knee to chest position</p> <p>3. Newborn fails to breathe [7] [34.V.B.2]</p> <p>a. A newborn should begin breathing on its own within 30 seconds after birth</p> <p>b. If it fails to breathe, rubbing the infant's back or tapping the infant's feet may stimulate spontaneous respiration</p> <p>c. If the newborn still fails to breathe on its own:</p> <p>1) Check for a brachial pulse</p> <p>2) If there is a pulse, begin rescue breathing</p>	<p>[5] Ask – What is imminent birth?</p> <p>[6] Ask – Although childbirth itself is a medical emergency (in the field), what circumstances make it even more serious, and why?</p> <p>Seeking:</p> <ul style="list-style-type: none">• Excessive bleeding• Limb Presentation• Breach Presentation• Cord Presentation• Delayed Presentation• Newborn failing to breathe <p>[7] Ask – Describe the procedure for a newborn failing to breathe.</p>
---	--

Stand Alone 6 – First Aid

Session 15 – Childbirth

LD 34 – First Aid

- | | |
|---|--|
| <ul style="list-style-type: none">a) Use caution not to overextend the infant's neckb) Use reduced volume for breaths being careful not to over inflate the infant's lungs3) If no pulse, begin CPR immediately | |
|---|--|