### Additional Reading:
Please read the following prior to class

Lowdermilk et al. *Maternity and Women’s Health Care* (10th ed.)
- Chapter 16 – Labor and Birth Processes
- Chapter 17 – Maximizing Comfort for the Laboring Woman
- Chapter 19 – Nursing Care of the Family During Labor and Birth
- Chapter 22 – Transition to Parenthood


### 2a  7:30 am – 11:45 am  Nursing Assessment of the 8 Ps

At the conclusion of this session the student will be able to:
- State and define the 8 forces affecting labor
- State and define two techniques utilized in assessing uterine activity and efficiency
- Define fetal lie, presentation, attitude, presenting part, station, and position
- State three fetal variables that may interfere with the progress of labor

### 2b  12:45 pm – 3:00 pm  Nursing Support of the Laboring Woman: Non-Pharmacological Pain Therapies and Maternal Posturing

At the conclusion of this session the student will be able to:
- State five non-pharmacological methods used to enhance maternal comfort
- Demonstrate two nursing interventions to facilitate rotation of a fetus in a posterior presentation to an anterior presentation.
- State the relationship between maternal positioning and fetal passage
- Discuss how maternal posturing affects pelvic diameter, nerve injury, intra-abdominal pressures and cardiac output in the normal laboring woman
- List four positions for labor. Describe one advantage and one disadvantage for each position.
- List three (3) general positions for birth. Describe one advantage and disadvantage for each position.

### 2c  3:00 pm – 3:45 pm  Intrapartum: Birth and Third Stage

- State three ways that the nurse can support the family during the birth process
- State at least three adjustments that the parents needs to make upon becoming parents
- Describe one accurate means of calculating postpartum blood loss during recovery.
- Describe two means of how the RN may assist in the prevention of extension and/or lacerations.