INDUCTION OF LABOR TERMS

- **Cervical Ripening:** The process of effecting physical softening and distensibility of the cervix in preparation for labor and birth.
- **Induction:** The stimulation of uterine contractions BEFORE the onset of spontaneous labor for the purpose of accomplishing a vaginal birth.
- **Augmentation:** The stimulation of uterine contractions when spontaneous contractions have FAILED to result in the progressive dilation or descent of the fetus.

INCIDENCE

Induction /Augmentation all-time HIGH !!!

National Center for Health Statistics 2009:
- 50% of women in labor had some kind of stimulation
- 144% higher than in 1990...
- Likely Under-reported
ACOG:
- Because SPONTANEOUS LABOR has FEWER complications, Induction without a medical indication should be discouraged.
- NO ELECTIVE inductions BEFORE 39 weeks (Nationwide Initiative-2012)

Induction should be used when the benefits of delivery outweigh the risks of continuing the pregnancy

**REASONS FOR INDUCTION**

**Maternal Issues:**
- Post-dates gestation 41 0/7
- Diabetes Mellitus (Type I, II, & gestational)
- Hypertensive disorders
- Premature rupture of membranes

**Fetal Issues:**
- Large infant (estimated fetal weight >5000gm)
- Non-reassuring antenatal testing
- IUGR
OTHER INDICATIONS:

- Chorioamnionitis/ Prolonged Rupture of Membranes
- Maternal Illness (Cardiac)
- Rh Sensitization
- Intrauterine Fetal Demise

OTHER REASONS FOR INDUCTION

- History of rapid labors
- Women who live great distance from the hospital
- Convenience for patient and provider

CULTURAL/ SOCIAL INFLUENCES

- Some patients request induction because of prior pregnancy experiences
- "Tired of being pregnant"
- Providers fear lawsuits for poor outcomes that may be prevented by earlier delivery.

Study by Simpson, in 2010: In over 3,000 labor patients surveyed, 70% were offered "elective induction at 39 weeks"
CONTRAINDICATIONS:

• Documented Cephalopelvic disproportion (CPD)
• Fetal distress: Category III tracings
• Complete placenta previa or vaso previa
• Prior uterine surgery (not including previous c/section)
• Active genital herpes

INDUCTION CONCERNS:

• Labors last longer than spontaneous labors
• Inpatient length of stay is longer
• More intense monitoring/ manpower costs to maintain ratios...
• Increased risk of Cesarean Section

INDUCTION CONDITION NEEDING SPECIAL ATTENTION

Trial of Labor After C-Section (TOLAC) Patient

1:1 (Nurse: Patient Ratio)
RISKS WITH INDUCTION

- Tachysystole
- Fetal Distress/ Neonatal Resuscitation
- Increased Incidence of C-Section
- Uterine Rupture
- Postpartum Hemorrhage

Controversial Procedure
Must have documented informed consent!!!

UTERINE TACHYSYSTOLE

ACOG definition: Five or MORE contractions in a 10 minute period over a 30 minute period.

- Tachysystole impairs uterine-placental blood flow...
- Can lead to a progressive deterioration of fetal status. Category II tracing; progressing to a Category III or Category III pattern.
INFORMED CONSENT SHOULD INCLUDE:

- A RISK-BENEFIT analysis which includes:
- Review of induction plan: agents and methods to be used
- Advantages and disadvantages of each
- Alternative approaches, including increased risk for C-Section and repeat induction.

BISHOP SCORE

Method of evaluating cervical readiness and the likelihood of having a VAGINAL BIRTH.

- Exam findings are scored on a scale of 0-10
- Higher scores indicate the "PROBABILITY" of a VAGINAL DELIVERY OUTCOME following induction similar to that of a spontaneous labor...

<table>
<thead>
<tr>
<th>Factor</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cervical Dilation</td>
<td>0-1.2 cm</td>
<td>1.3-4 cm</td>
<td>&gt;/=5 cm</td>
<td></td>
</tr>
<tr>
<td>Cervical Effacement</td>
<td>0-30%</td>
<td>40-50%</td>
<td>60-70%</td>
<td>&gt;/=80%</td>
</tr>
<tr>
<td>Fetal Station</td>
<td>-3, -2</td>
<td>-1, 0</td>
<td>+1, +2</td>
<td></td>
</tr>
<tr>
<td>Cervical Consistency</td>
<td>Firm</td>
<td>Moderate</td>
<td>Soft</td>
<td></td>
</tr>
<tr>
<td>Cervical Position</td>
<td>Posterior</td>
<td>Midposition</td>
<td>Anterior</td>
<td></td>
</tr>
</tbody>
</table>
### PROBABILITY FOR A SUCCESSFUL VAGINAL DELIVERY

<table>
<thead>
<tr>
<th>BISHOP SCORE</th>
<th>PERCENT (%) OF SUCCESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 or HIGHER</td>
<td>100%</td>
</tr>
<tr>
<td>6-8</td>
<td>80-95%</td>
</tr>
</tbody>
</table>

### SCORING

- Score of **LESS THAN 4** is indicative that a woman’s body is NOT READY for labor and will result in a C-Section.
- SHOULD use cervical ripening regime to improve score or DELAY induction...
- Strongest VALUE in Bishop score associated with vaginal delivery is **“DILATION”**

### CERVICAL RIPENING- OPTIONS

- STRIP MEMBRANES (at or > 39 EGA)
- MECHANICAL AGENTS:
  - Transcervical Balloon Catheters
  - Osmotic Dilators/ Hygroscopic (Laminaria/ Seaweed)
- CHEMICAL AGENTS: (Cervidil & Misoprostol)
- AMNIOTOMY
STRIPPING MEMBRANES
Digital separation of the chorioamniotic membrane from the wall of the cervix and lower uterine segment on vaginal exam.

**ACTIONS:**
Rotate finger 360 degrees to increase prostaglandin release

**BENEFITS:**
Decreases Tachysystole
Minimal SE (Painful Exam, May have bloody show)
NO COST

TRANS-CERVICAL BALLOON
14-26 F catheter with 30 – 60 mL balloon is placed above the internal cervical os & inflated...

**ACTIONS:**
Pressure on cervix, increases prostaglandin release

**BENEFITS:**
Decreases Tachysystole
Reduces C-Section Risk
Minimal SE
Small Cost
LAMINARIA/ OSMOTIC DILATORS
Small Diameter (2-3 mm or larger) “tampon-like” seaweed bundles are placed into cervical os eventually change dilation.

**ACTIONS:**
Absorbs fluid from cervical tissue and increases prostaglandin release. Mechanically dilates cervix

**BENEFITS:**
Decreases Tachysystole/ Reduces C-Section Risk
Minimal SE
Small Cost
AMNIOTOMY
Artificially breaking the amniotic sac
(MOST EFFECT in a MULTIP w/favorable cervix)

ACTIONS:
- Releases prostaglandins/ Increases action of oxytocin
- ↑ pressure of fetal head against cervix, more prostaglandin release

RISKS of Amniotomy:
- Increased maternal/fetal infection

CHEMICAL AGENTS:
CERVIDIL & MISOPROSTIL (CYTOTEC)
Prostaglandin E2 and E1 Agents

ACTIONS:
- Designed to make cervix softer by relaxing cervical smooth muscles and may stimulate uterine muscles to contract

BENEFITS:
- Quick results

ADVERSE EFFECTS, BOTH AGENTS:
- Uterine Tachysystole
- Fetal Heart Rate Indeterminate and/or Abnormal patterns, CATEGORY II progressing to III.

CERVIDIL & MISOPROSTIL (CYTOTEC)

ADVERSE EFFECTS CONTINUED:
- Increased C-Section Rates
- UTERINE RUPTURE Risk (DO NOT USE FOR TOLAC PATIENTS)
- Fetal Distress, Low Apgar Scores

STAFFING when ripening cervix: 1:2 Ratio (Nurse to Patient)
TACHYSYSTOLE INTERVENTIONS:

- REMOVE agent if possible:
  - Cervidil: YES (Pull String/Insert out)
  - Cytotec: NO

- For Fetal Distress (Indeterminate or abnormal Fetal Heart Rate Patterns):
  - Reposition Patient to LLD or RLD
  - Oxygen 8-10L/mask per order
  - Increase LR IV to bolus rate per order

Give Terbutaline 0.25 mg SubQ if Tachysystole NOT RESOLVED....

CERVIDIL PLACEMENT

NURSING CONSIDERATIONS WITH CERVIDIL

- Insert/Shoelace stays in place for 12 hours
- Can STOP Prostaglandin E2 release by pulling string and removing insert
- Pitocin can be Started NO SOONER than 30 minutes after removal
NURSING CONSIDERATIONS WITH MISOPROSTIL USE:

- Inserted into posterior vaginal vault by RN or MD
- Can be reinserted every 4 hours (either 25 or 50 µg dose)
- Patient remains supine for 1 hour following insertion

MISOPROSTOL CONSIDERATIONS:

- Can be given via: ORAL / BUCCAL dose (Less tachysystole/ indeterminate FHR patterns seen w/this dosing)
- Pitocin can be started NO SOONER than 4 hours after last dose.
- Not controlled release OR RETRIEVABLE, may have to use TERBUTALINE to STOP tachysystole pattern.

WHY USE MISOPROSTIL/ CYTOTEC???

<table>
<thead>
<tr>
<th>Cervidil</th>
<th>Misoprostol</th>
</tr>
</thead>
<tbody>
<tr>
<td>$165</td>
<td>$0.50</td>
</tr>
</tbody>
</table>
PITOCIN IS AN "INDUCTION AGENT"/ NOT REALLY A CERVICAL RIPENER

- Only pharmacologic agent approved by the FDA for "Induction of labor"
- Normally used AFTER cervical ripening agents...

**ACTION** –
- Posterior pituitary gland releases oxytocin which causes the uterus to contract.
- Stimulates the alveoli of the breast to contract, promoting milk letdown postpartum.

GOALS FOR PITOCIN USE:

- Administered via IV and "TITRATED" to keep blood levels at a value that stimulates contractions and causes cervical change...
- Produce effective contractions/ "MIMIC" ACTIVE LABOR
  - Frequency—2-3 minutes apart
  - Duration—lasting 60-90 seconds
  - Intensity—55-75 mmHg

PITOCIN CONSIDERATIONS:

- Considered "High Risk Medication. Should have special protocols
- Usually 1:1 (Nurse to patient Ratio)
- In the SPONTANEOUS LABOR PATIENT: Usual maternal blood values of Pitocin measure a of 5/7 mU/min.
PITOCIN CONSIDERATIONS:

- 90% of women at term have successful induction rates, Vaginal Delivery, with Pitocin values titrated at 6 mU/min or LESS.
- Usually takes about 40 minutes to reach a steady state blood plasma concentration.
- Multiparous women respond more quickly than nulliparous women to Pitocin infusion.

CONSIDERATIONS:

- The more preterm the patient, the more Pitocin is required for the same effect due to fewer mature receptor sites.
- Maternal size effects amount of Pitocin needed to cause labor.
- Prolonged increase/level of Pitocin can result in oxytocin receptor desensitization (LESS EFFECTIVE).
- Once active labor is established, Pitocin should be discontinued.

PITOCIN ADMINISTRATION SAFETY PRACTICES

- Inform patient about sensation of contractions.
- ALWAYS given IV piggyback via an infusion pump (with guardrails if possible).
- Should be inserted into the port closest to the IV insertion site.
- Concentration is hospital specific; usually given mu/min, not mL/hr. (KNOW PROTOCOLS).
PITOCIN INFUSION SAFETY

- Association for Women’s Health, Obstetrical and Neonatal Nursing (AWHONN) recommends the initial Pitocin dose to start at 0.5-1.0 μg/min.
- Serum half-life of Pitocin is 10-12 minutes, however, uterine efficacy lasts 20-30 minutes.
- Increase the dose at regular intervals (15-60 minutes) to attain a desired contraction frequency of 3-4 minutes.

- Uterine relaxation should be palpated and documented regularly.
- Maintain continuous fetal monitoring while administering Pitocin.
- Assess Maternal vital signs and fetal status every 30 minutes and whenever the dose of Pitocin is altered.

TREATMENT FOR ADVERSE REACTIONS

TACHYSYSTOLE:
- Reposition patient to left side
- Increase IV fluid rate (bolus of 200-500cc)
- Decrease Pitocin rate
- Notify Provider if tachysystole is unresolved
- Consider OXYGEN for abnormal FHR changes.
STOP PITOCIN
1. UNRESOLVED Tachysystole AND Category II FHR tracing progressing to a Category III
2. Category III FHR tracing
3. Suspected uterine rupture
4. If nurse is unable to continuously monitor the fetus

RESTART PITOCIN
- Pitocin is usually restarted at HALF the dose prior to STOP, if under 30 minutes.
- If Pitocin has been OFF for greater than 30 minutes, start at 1-2 μg/min. (Like at the beginning.)

AUGMENTATION INDICATIONS:
- Hypotonic contractions
- Irregular contractions
- Prolonged labor
COMPARISON INDUCTION VS. AUGMENTATION

- Labor principles are the same!
- In the augmentation of a spontaneous labor, the uterus may be more sensitive to exogenous Pitocin so less quantity may be necessary.

HOW is a FAILED INDUCTION / AUGMENTATION DETERMINED??

LATENT PHASE OF LABOR- STAGE I
FREIDMAN CURVE 1955

“When woman perceives “Regular Contractions” & gets to 4 cm dilation
PRIMIP: >20 hours
MULTIP: >14 hours
RECOMMENDATIONS: * Expectant Management* until the woman gets to 4 cm or the”Active Phase “ of labor where cervical changes occur faster...
CURRENT EVIDENCE: Suggests that LATENT labor does not end until 6 cm, so cervical changes are SLOWER than initially thought...
WITH ADEQUATE CONTRACTIONS & CERVICAL EXAM OF 4 CM FREIDMAN CURVE 1955:

<table>
<thead>
<tr>
<th>First Time/ PRIMIP</th>
<th>MULTIP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Should have cervical change of more than 1.2 cm/hr.</td>
<td>Should have cervical change of more than 1.5 cm/hr.</td>
</tr>
</tbody>
</table>

ACTIVE PHASE LABOR ABNORMALITIES:

Failure to progress: “A Protraction disorder/ “slower than normal progress”
Arrest disorders: Complete CESSATION of progress – NO cervical exam changes/ NO effacement, NO dilation and/or NO descent within 2 hours of adequate LABOR & dilation of at least 4cm.

“REEVALUATION OF FRIEDMAN’S LABOR CURVE IN 2010:

Consortium on Safe Labor found:
- In OVER 62,415 vaginal deliveries studied, Primigravida’s rate of dilation was much slower (0.5-0.7cm/hr.) and ACTIVE PHASE (rapid dilation) did not really begin until 6 cm...
- MULTIP dilation was between (0.5-1.3 cm/hr.)
ARREST DISORDER WAS:

- Arrest of labor is considered 2 hours of documented "adequate labor" with no cervical change.
- Adequate LABOR = Contraction intensity totaling 180-250 Montevideo units in a 10 minute period. (MUST have INTERNAL monitor) ADD contraction intensity values.

NEW DEFINITION FOR ARREST OF LABOR CONSIDERATION:

MORE than or EQUAL to 6 cm DILATION with membrane rupture and ONE of the following:

- 4 hours or more of adequate contractions with NO cervical change
- 6 hours or more of "inadequate contractions" with NO cervical change
SECOND STAGE FAILURE/ VERY COMPLEX:

- Parity
- Delayed pushing
- Epidural analgesia (ADD 1 hr. duration for pushing attempts)
- Body mass index (OBESITY)
- Birth weight
- Fetal Position (Occiput Posterior Position)
- Fetal Station

ARREST OF DESCENT/ FAILURE TO DESCEND:

✓ Women should be ALLOWED to PUSH 2-3 hours (add an hour with EPIDURAL) as long as progress is being demonstrated.

NURSING RESPONSIBILITIES REGARDING LABOR PROGRESS

- Know Procedures/protocols
- Tachysystole should be avoided!
- Adequate contractions should provide normal labor progress
- Labor abnormalities should be detected and reported to provider in a timely fashion
- Documentation of communication and interventions
LEGAL / ETHICAL CONSIDERATIONS

- Induction of labor is one of the more controversial issues in obstetrics due to the possible risks
- It is imperative that sound clinical judgement prevail
- Informed Consent
- The use of Pitocin is the highest single cause of perinatal lawsuits! FOLLOW PROTOCOLS and INTERVENTIONS...

REFERENCES

Contemporary patterns of spontaneous labor with normal neonatal outcomes by Jun Zhang MD and others. Obstetrics & Gynecology. 2010 Dec;116(6):1281-7


REFERENCES (CONT.)