

SUMMARY OF COURSE MATERIALS REVIEWED

*HMBS Foundational Training • Essential Care for Labor & Birth • Prolonged & Obstructed Labor
• Vacuum Assisted Birth*

Prepared by Dr. Jørgen Linde, O&G Registrar, Stavanger University Hospital

This summary outlines the key points emphasized during the course and highlights the sections that were reviewed in detail, with clinical implications and practical exercises. It is structured by thematic chapter to reflect the logical flow of teaching. Sections were selected and prioritized to keep to the course time schedule.

Essential Care for Labor & Birth

Pages 12 Quick Check

We began with a review of the quick check on page 12. The focus was on identifying clinical signs and interventions early. Emphasis was placed on the clinical implications of each observation, encouraging participants to consider how rapid assessment can influence outcomes. This session included discussion of scenarios where timely recognition of risk factors could prevent complications.

Pages 14–23 Core Content Review

These pages were reviewed thoroughly, highlighting key principles of monitoring maternal and fetal well-being during labour. The discussion included:

- Identification of normal vs. abnormal labour patterns.
- Early interventions to support labour progress.
- Importance of accurate documentation for clinical decision-making and communication.

Pages 28 & 32 Assessment and Documentation in the First Stage

These pages provided charts to emphasize the difference between the first and second stages of labour. Focus was placed on the anatomical and physiological distinctions, which are critical for understanding when interventions such as vacuum-assisted birth may be appropriate.

Participants practiced interpreting these charts, linking anatomical knowledge to practical assessment and documentation.

Prolonged & Obstructed Labor

Flipchart 1 Page 18: Rapid Assessment

We went through a step-by-step approach for rapid assessment, highlighting the clinical implications of each finding. The discussion stressed the importance of timely recognition and decision-making in cases of prolonged labour.

Page 20 Abnormal Fetal Heart Rate

Abnormal fetal heart rate patterns were defined and explained, including the physiological basis and potential interventions. Participants reflected on how early detection of abnormal heart rate can guide management and improve outcomes.

Pages 30–49 The Four P's of Labor

These pages were reviewed in detail, emphasizing Passenger, Passage, Powers, and Patient. Each component was explained, including how it affects labour progression and decision-making for interventions. Clinical examples were provided to illustrate real-world application.

Page 64 Fever in Labor

Strategies were discussed for managing fever in labour, including prioritization of assessments and documentation to ensure safe care.

Flipchart 2 Pages 2–17: Augmentation and Complications

This section was highlighted as particularly important due to the high incidence of adverse outcomes associated with labour augmentation. Key points included:

- Indications for augmentation.
- Monitoring requirements during augmentation.
- Identification and management of complications.

Vacuum Assisted Birth

Pages 10–13 Confirming Indications

The review began with a discussion on indications for vacuum-assisted birth. The content reinforced differentiation between first and second stages of labour, reflecting back on normal labour patterns and assessment principles previously discussed.

Pages 24–59 Detailed Procedure Review

These pages were covered comprehensively. Focus areas included:

- Stepwise procedure for vacuum-assisted birth.
- Safety precautions and contraindications.
- Integration of maternal and fetal assessment to guide intervention.

Practical Training – Skills and Team Simulation

The latter half of the session was devoted to skills training and team simulations, allowing participants to practice in a controlled environment. This included:

- Hands-on vacuum extraction techniques using the MamaBirthie simulator.
- Team communication and coordination exercises.
- Scenario-based problem-solving to reinforce decision-making under clinical pressure.

For the full course materials, refer to the HMBS training programmes at hmbs.org/training-programs/