

Case Study #11 - Birth Notes

Due 01/08 Born 01/10

8 lbs. 21 in.

Apqars 8 & 9

Second birth, under the care of a full-midwifery practice at a hospital. Trauma survivor, history of depression, off meds 5 mo. before conception. Desire to have a healing, physiologic birth. Wanting to feel very present and connected. Vaginal birth with an epidural for the first, episiotomy. Over 35.

1/8/17

Birthing Person (BP) has been contracting on and off for a while. Crampy and uncomfortable. We check as things progress. Get a call around midnight/1am and I as offer to come over to try different comfort measures, and bring a peanut ball.

2 am-ish - Arrive at their house. Try polar bear for a while to give baby space. BP is feeling scared, so we talk about that. Suggest she try side-lying to get some rest; Parter goes to the other room to try to get some sleep. She feels better lying down with the peanut ball. Lots of feelings - remind her it's ok to feel sad; to feel whatever she's feeling. Tries to sleep in between contractions; making good noises to get through them when they come. She is reminded of Northern Exposure for some reason.

2:26 am - Eat some yogurt.

3:30 am - Take a bathroom break. More feelings come up. She relates this birth to Max's and how his was different; how he didn't get this, as well as how this one is impacting him. Try side-lying on the other side.

6:00 am - Parter and I switch off, and I get some sleep.

8:30 am - I get up. The contractions are about the same. BP makes a comment about how it's a bad year for Charley Sheen. :) Switch things up with some movement - do rebozo sifting.

10:00 am - Try going up and down stairs about 6 times, which she does beautifully, squatting as she descends. Has a bit of fig newtons for breakfast. Gives a cry.

10:45 am - Resting in throne-like position on couch, but it doesn't feel good. Back to side-lying in bed with the peanut ball. BP is feeling frustrated with the process, so we talk about 'prodromal labor' and what that means. Mention that getting some acupuncture may be helpful, and we set up an appointment with Heather for 12:45 pm.

12:45 pm - Acupuncture. Feels very relaxing to BP. Acupuncturist gives us some acu-tacks to set in place later.

2:20 pm - We all go home. They will try to get some more rest as she's feeling very tired. After a while, we talk about the next steps over phone. Calls midwives, asked to come in.

10 pm - I arrive at the hospital.

10:30 pm - Gets checked to be 2.5 cms, 80%, -2 to -3 station. Talk about options for "therapeutic rest". BP mentions how important it is for her not to feel groggy or "out of it", and decides to get the epidural instead of Morphine. Has some bloody show.

11:45 pm - Move to room 304. Start fluids, do intake, blood sugar check. Contractions feel more intense.

1/9/17

12:00 am - Gets epidural.

1:00 am - Will focus on sleep. I go home.

9:00 am - Talk on the phone about options: augment with Pitocin? Contractions have mostly gone away, so Parter suggests they go home. They do.

Later that evening - Call to check in. Contractions had gone away most of the day, but are starting again and intensifying. 3-8 min. apart. They have been doing polar bears, stairs, eating food. In general are feeling good.

We talk on and off throughout the night, checking in, offering reassurance and suggestions. Suggest some lift-and-tucks. At around 4 am I ask if they'd like me to come over. They would.

1/10/17

5:00 am - Arrive at their home. They are working beautifully, swaying together through contractions. Lights are low, music is going, and Parter is providing great support. They've been doing rebozo sifting, figure eights on the ball. Drinking lots of coconut water, had some broth, fig newtons. Thinks water may have broken, but is not actively leaking.

They are really going into what is needed. Suggest some side lunges on the chair. She does 3 on each side. Feeling good and in the zone, but also getting tired.

Go up to bed and do far side-lying with right leg up (which was the leg that seemed to create change while lunging). Parter tries to get some sleep as well. Side lying feels good, but L. is also anxious about going in circles. Not wanting to repeat the previous days. Reassure her she's not going in circles; that this is different from what she was doing earlier; encourage her to stay deep in the labor zone and rest.

7:20 ish am - BP decides she wants to go to the hospital.

8:00 am - Arrive at hospital; park cars.

8:30 am - Gets checked: 5 cms, 90% effaced, -2. Decides on an epidural. Contractions are still inconsistent, but farther apart (10 - 15 min). Move to room 302.

9:15 am - Get epidural

10:30 am - Contractions every 15 min. Decide to start Pitocin.

10:52 am - Starting Pit@2, after a little bit, flip to left side. I get some lunch to give the Pit some time to work, in case it ramps up labor. Things seem like they will take a bit of time, so every one focuses on sleep. I go home.

1:06 pm - Text from Parter: BP's water definitely broke earlier and she is contracting every 4-5 minutes. She can feel the contractions but is comfortable. Remind him to let them know if pain gets worse, as they should be able to adjust meds to make her comfortable.

2:30 pm - Get's checked to be fully dilated, 100% effaced, and -2. Think baby may be posterior. BP is starting to feel the contractions, so she gets an epidural bolus. Will do passive descent to let baby come down further before pushing. Talk about position options with epidural, and I text Parter the 'Positions for the Mother With an Epidural' image guide. They ask if I can bring something to play music when I come back.

3/3:30ish- Call - Feeling that they would like me at the hospital. Will make my way in, and will bring speakers to play music.

4:30 pm - Arrive. Getting new epidural (takes two tries), as the previous one was no longer providing comfort. Pit at 12.

5:30 pm - Epidural is working great. BP is feeling a bit scared about having to push. We do a big pep talk that helps. Parter takes shower.

6:30 pm - I go for dinner.

7:20 pm Get text from Parter that midwife has arrived, and checked BP to be fully and +1. Great descent! I make my way back as she is going to start pushing.

7:42 pm - Start pushing. BP has good amount of feeling in her legs, and gets the hang of it right away. Does a fabulous job of moving baby down and out! Head is born, and it takes a moment to figure out that her elbow and arm are in the way. Midwife moves elbow down, and then tucks hand in out of the way. Baby then comes right out.

8:22 pm - Baby is born! Parter announces it's a girl! She's placed directly on BP's chest.

8:32 pm - Clamp and cut cord.

8:33 pm - Placenta is born.