

Case Study #8 - Birth Notes

Due 10/16 Born 10/10

6 lbs. 14 oz. 21 in.

Apqars 8 & 9

First birth, under the care of a mixed OBGYN/midwifery practice at a hospital. Desire to have a non-medicated, vaginal birth with minimal interventions. (PMPS -6)

5:10 am - Text from dad: Mom has been having contractions since midnight. They are fairly regular as of 4:30 when he started timing them. They feel like strong period cramps, that have been picking up since midnight. Since 4:30am, the peak has been getting more intense, and she needs to stop for that. Can talk through the beginning. I give him a call to get a better sense of what's going on, clarify and reassure. They seem to be doing well.

6:28 am - Text from dad: Contractions are getting closer together, and she sort of meets the 5-1-1 rule. Since mom is very aware of her surroundings, dad's worried of going to the hospital too soon, and possibly regress. I reply that 5-1-1 is not a strict rule- just guideline, and that he should match it up with what she's doing: is she a lot more internal, quiet, and serious? Do they seem more intense? It also seems that the contractions are on the shorter side still. Mom is getting internal during the entire contraction. They are definitely more intense but not crippling (she's talking to her sister on the phone at the moment). All seems good for now, he'll check in with me later.

8:33 am - Contractions are lasting longer, closer to 1:15 or 1:20, and back to 4.5 to 5 minutes apart. The doctors office asked then to come into the office to check her. Their appointment is at 8:45. The intensity has picked up. I say those sound like all good things, and remind them that a cervical check is only a snap-shot... it just says where she is at that moment; not so much how long it took to get there or how long it will take for baby arrives. That getting a lower number than expected can be a mind game, and that it usually takes a lot longer to stretch out the first few cms because thinning and softening also need to happen. Ask that they keep me posted.

9:06 am - Text from dad: According to the check the cervix is a tight 2 cm's; 70% effaced and baby is at -2 station. They are going to monitor the baby briefly, then probably go back home. I remind them to call me if it helps to talk on the phone, they feel they are doing ok. Mom is interested in the quiet and just focused on relaxing, and he's doing well and his nerves have worn off from this morning.

9:54 am - Back home and mom is having a snack. They are going to rest and try to nap for a bit, and then think they'll want me to come over. We talk on the phone to make a plan.

11:30 am - Call from dad. They are up from the nap and will eat something. Mom wants pizza :) I'll make my way over.

12:20 pm - Arrive at their house. Mom is sitting on couch during the breaks, and moving to hands and knees during contractions. She's doing a really great job of relaxing into it and going deep. Heat on her back is helpful, as is counter pressure. Dad and I take turns at supporting her and eating lunch. At some point her dad comes over to take the dog out for a walk. Mom is drinking water, and going to bathroom regularly; is having some bloody show. Has some dates and coconut water. Dad and I take turns trying out different massage tools on her back. She's doing awesome, but also feeling a bit more tired. Contractions are lasting about 1-1:30 min, and every 5 - 7 minutes. Growing in intensity.

1:52 - Mom lies on her right side on the sofa, with peanut ball between legs, and goes deep. Even manages to dose off a little. Contractions are still intense, but she gets a bit more of a break in between.

2:20 pm - Gets up to the bathroom (contractions speed up when she's up) and then comes back to the couch, to cocoon while lying on her left side. At some point baby makes a big move and mom comments on it. After that things ramp up (ctx. every 2.5 min). We get ready to go to the hospital.

3:41 pm - Arrive at the hospital. They go up to check in as I park the cars. I meet them in triage B. Contractions have slowed down a bit, but are still coming. Mom is feeling hot and nauseated.

4:10ish - Gets checked to be the same as this morning. This is very discouraging to her. We remind her that birth is not linear, and that what her body has been doing for the past hour or so is very different than what was happening this morning. The plan is to walk around for a while and get checked again in an hour. The midwife comes in, and suggests doing Morphine and Phenergan, we discuss pros and cons, get info, mom initially wants to do that, but they then decide to walk until 5 pm, get checked again, and then see. The option will still be there if there's no change.

4:45 pm - She throws up. Gets changed. We go for a walk.

5:15 pm - Gets checked to be a stretchy 4...

5:20 pm - ... and then her water breaks... and then she throws up. All the things happening at once, as everything gets more intense. They are assigned to room 303 and I go fill the tub.

After the nurse completes the intake questions, and have the needed vitals, we all move to the room. We ask the nurse if it's possible to do the blood draw after mom gets in the tub, since she's so uncomfortable at the moment. She agrees. Mom gets in the tub and it helps. Nurse is able to get her blood drawn in one stick (yay) and soon after starts IV fluids (Mom had agreed to this, as she seemed dehydrated, was throwing up often, and it may also help contractions be less crampy).

Things get even more intense and mom wants to get something for the pain. We talk about options and she decides to do Nubain. Get's out of the tub to get checked first, and see if that is a possibility (in terms of labor progress).

6:05 pm - Gets checked to be 6.5 cms, 80% effaced, and -1 station. She's definitely making amazing progress, and also has time to get Nubain.

6:25 pm - Nubain goes in. It takes the edge off enough so that mom can dose off during contractions, and better manage them when they come. It seems she's able to be more on top of the sensation instead of being swept away by it.

8:11pm - Feeling some pressure. Gets checked to be fully dilated, 100% effaced and +1 station. Told that she can go with the sensations as she wants - doesn't have to fight the pushing if that's what she wants to do. Feels better lying on her side, with one of us holding her leg up.

8:30 pm - Goes over to the bathroom, labors on the toilet for a bit. Comes back to lay on her other side.

8:45 pm - Starts doing some more directed pushing, with guidance from the midwife. Baby is moving down and there's a lot of intensity. Mom is doing a great job of making it all happen and staying focused. Dad is reassuring, and right by her side. Changing cold compresses on her forehead. We get the squat bar for her to use to brace her leg. I continue to place heat packs on her back, press acupuncture points, jiggle her hips...

9:19 pm - Baby girl is born, and goes right to mom's chest (we try to get the sports bra out of the way just in time). Mom is delighted to meet her... and dad too. :)

9:22 pm - Midwife clamps cord and dad cuts it.

9:34 pm - Placenta is delivered. Initially mom wants nothing to do with it, but then she decides to look at it... and then dad does too.

9:34 pm - Get IV Pitocin, as there is still some bleeding. Midwife inspects her tear (1st degree) and does some stitches.

I've never had stitches in my vagina before.

We try initiating breastfeeding, and it takes a bit to figure it out. Do lots of skin to skin.

10:00 pm - Get's checked by the pediatrician, gets eye goop, shots, measured, weighted.

10:25 pm - Baby comes back to mom, and after a little bit, latches on and starts feeding. I make sure to indicate to dad and mom what to look for in terms of latch, baby sucking, lip position, and swallowing motion.

11:00 pm - I go home.