

English Talk 3

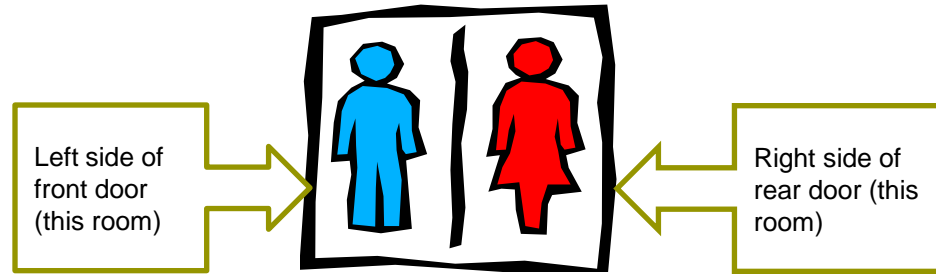


Labour & Birth Plan

Revised in Mar 2017

Points to Note before the talk starts:

1. Washroom location →



Please kindly note that there's no break time during the talk.

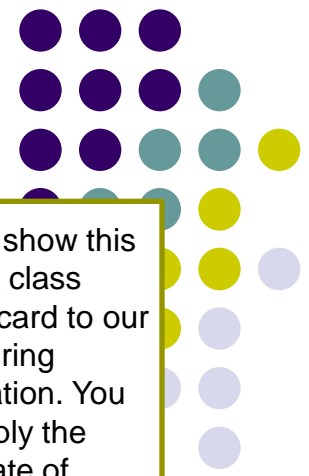


2. Fire Exit → Go out this room via rear door, the exit is at the left side of staff elevator lobby.

3. You can apply the Certificate of Attendance after completion of ALL Antenatal Health Talk. The application form could be taken from our staff in this talk or TYH OPD staff. The certificate will be mailed to you within one month of application.

出席講者姓名	日期	男/女	L1/L2
1. 產前及產後護理			
2. 分娩及分娩後			
3. 分娩後護理			
4. 母乳哺育			
Topic of English AN Talk			
1. Antenatal, and Postnatal care			
2. Baby care			
3. Labour and birth plan			
4. Breastfeeding Talk			
Antenatal Exercise Class			
1. 產前健康 AN Exercise			
2. 身心靈健康法			
3. 分娩準備			
4. 分娩方法 Labour			
5. 舒緩方法 Comfort Measures			
6. 用力技巧 Pushing Technique			

Please show this AN talk class record card to our staff during registration. You can apply the certificate of attendance after all AN talk classes were marked in this record card.



Points to Note before the talk starts (Con'd):

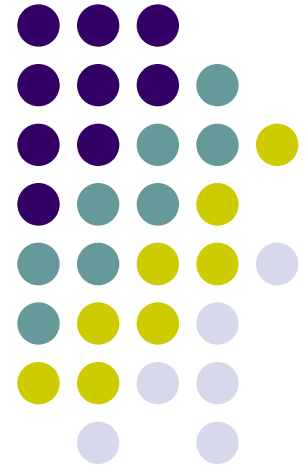
4. Video / audio recording is **prohibited**.



5. If you would like to know more information, please refer to the following link:

http://www.obsgyn.hku.hk/antenatal_health_information

A screenshot of the Department of Obstetrics & Gynaecology website. The header includes the department name, logos for Queen Mary Hospital, Tsan Yuk Hospital, and The University of Hong Kong, and navigation links like Home, Sitemap, Contact us, and HKU-QMH CARE INTRANET. A menu bar contains DEPARTMENT, STAFF, CLINICAL SERVICES, TEACHING, RESEARCH, PATIENT'S INFORMATION, and WHAT'S NEW?. The main content area features a large image of healthcare workers and the text 'PATIENT'S INFORMATION'. Below this, there is a sidebar with a list of links: Patient's Information, O & G Tour and Clinics, and Antenatal Health Information. The main content area displays 'Antenatal Health Information' with a sub-link for 'Antenatal Class Booking System' and a small icon of a pregnant woman.



HA Apps - “HApi Journey喜程”



HApi Journey 喜程
Developed by Hospital Authority

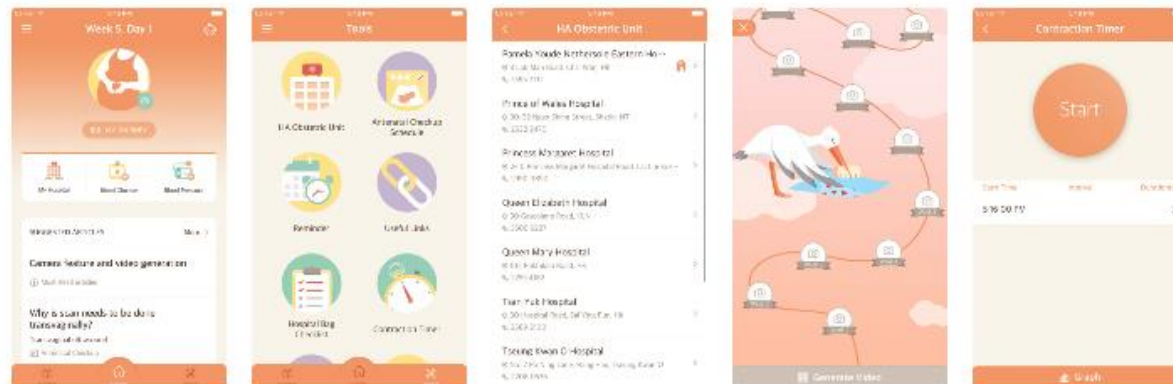


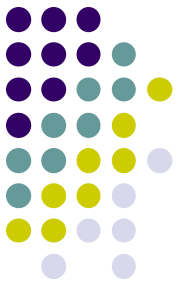
The HA Apps – “HApi Journey” are available for download on iPhone and Android phones.

The Apps allows users to record the health status during pregnancy, such as blood pressure, blood glucose levels, time schedule of antenatal appointment, as well as the timing tools for the measurement of uterine contractions during childbirth.

In addition, users can also view various kinds of pregnancy health information in the program, including nutritional information during pregnancy, breastfeeding, postnatal care and the information of OBS units in all public hospitals.

HApi Journey 喜程 App Screenshots





Revision

- When you have signs & symptoms of labour

Either - Show

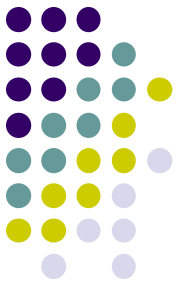
- Leaking

- Uterine contractions (pain)

Go to Queen Mary Hospital

K Block 9S

Admission Ward



Labour Process

First stage

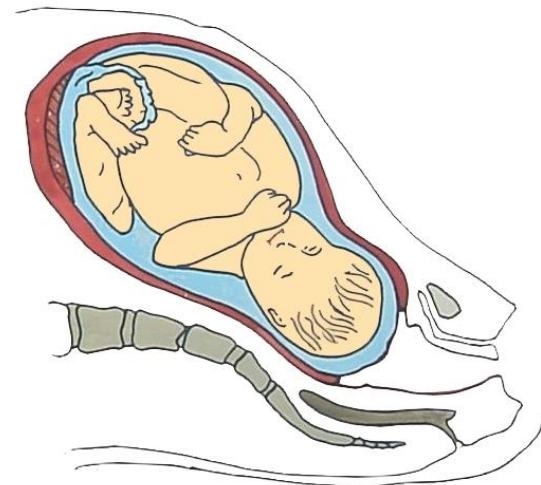
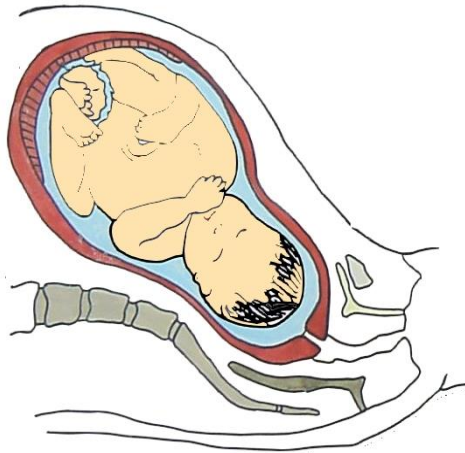
Second stage

Third stage

First stage of labour



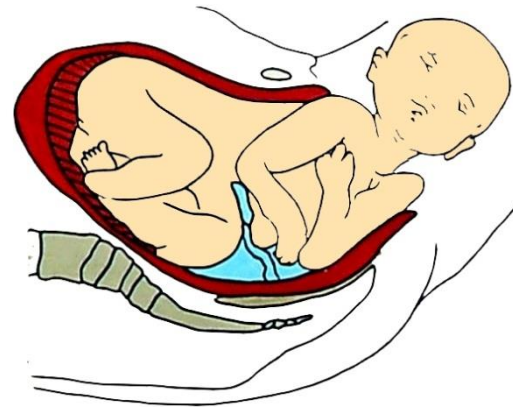
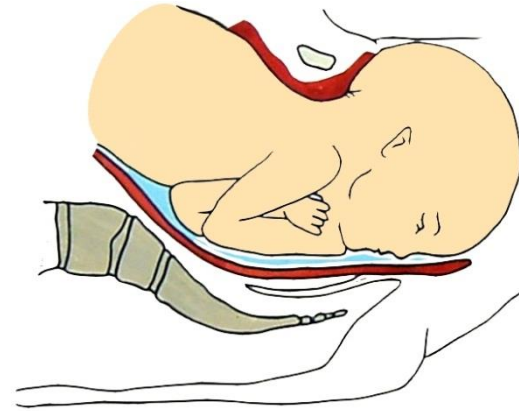
- Regular uterine contractions till full dilatation of cervix



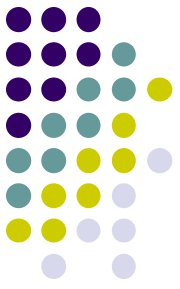
Second stage of labour



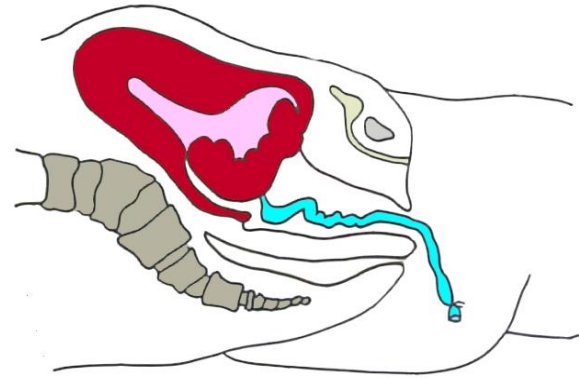
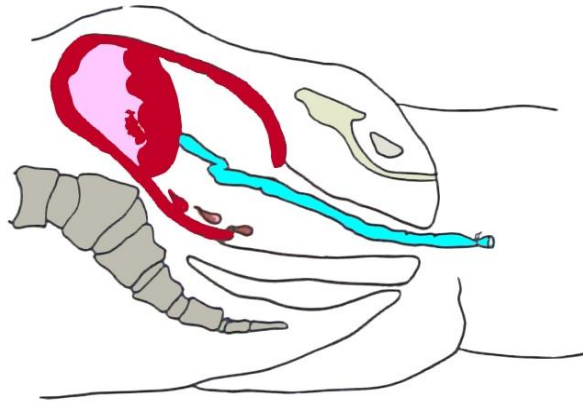
- Full dilatation of cervix till delivery of baby



Third stage of labour



- Placenta out



Nursing care during 1st stage labour



1. Examination

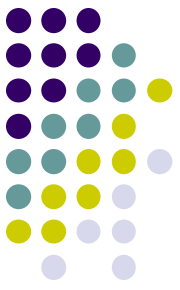
**Observation : maternal and fetal condition
progress of labour**

2. Position

3. Food and drink

4. Elimination

5. Avoid premature pushing



6. During 1st stage , your contractions and pain will increase in frequency, duration & intensity.

Pain relief methods: non-pharmaceutical
pharmaceutical

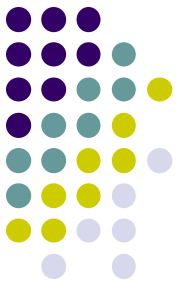
Non-pharmaceutical methods:

-massage, breathing exercises, light music , birth ball, TENS

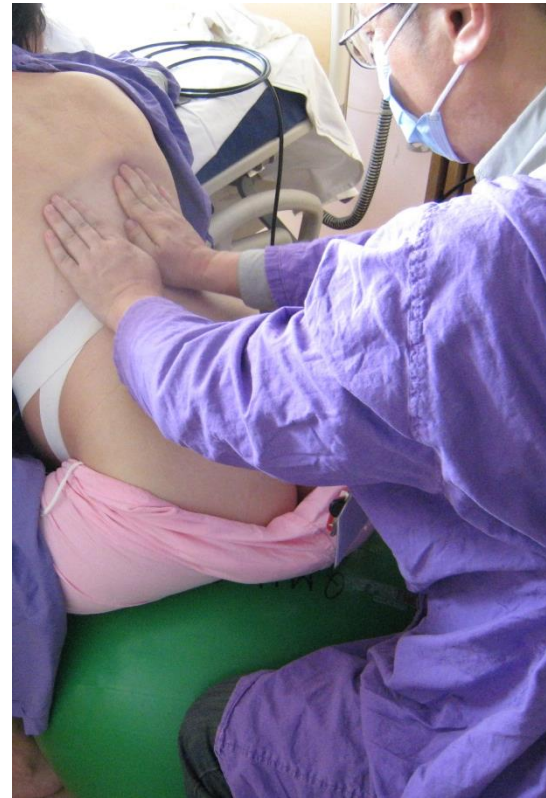
Pharmaceutical methods:

-Entonox inhalation
-Pethidine
-Epidural injection

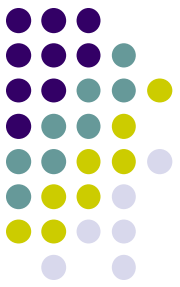
Non-pharmacological Pain relief



1. Massage



Non-pharmacological Pain relief



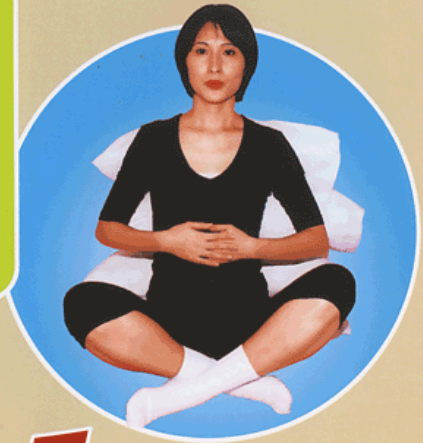
2. Breathing exercise

(5) Breathing exercise

- Breathing techniques for pain relief during labour.

A. Abdominal breathing

- Suitable for mild pain.
- Breathe in through the nose and feel the abdomen expand. Then breathe out through the mouth.

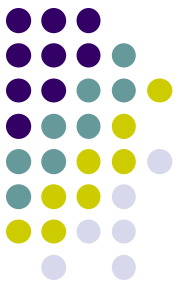


B. Lower costal breathing

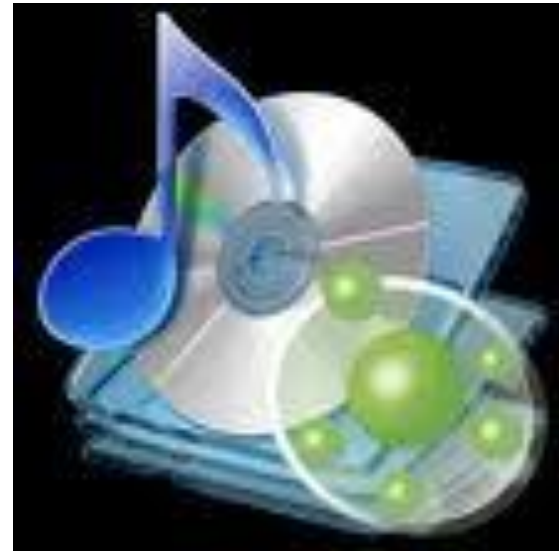
- Suitable for medium pain.
- Put your hands on the lower rib cage. Breathe in through the nose and feel your chest expand. Then breathe out lightly through the mouth.



Non-pharmacological Pain relief



3. Light music



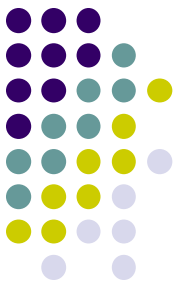
Non-pharmacological Pain relief



4. Birth Ball

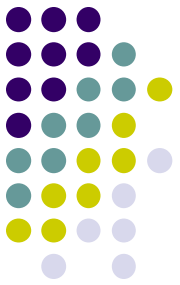


Non-pharmacological Pain relief



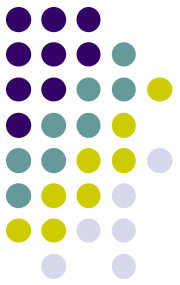
**Transcutaneous
Electrical
Nerve
Stimulator
(TENS)**





Non- pharmacological Pain relief Video

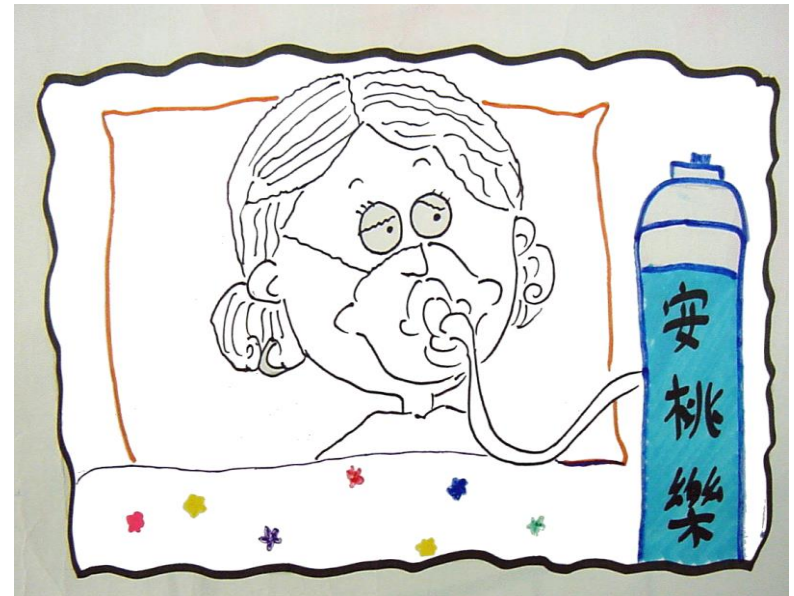
- [VTS_04_1.VOB](#)

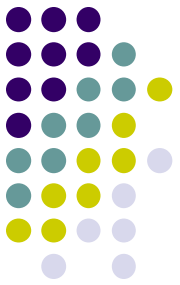


Pain relief

1. Entonox inhalation

- a mixture of oxygen & nitrous oxide
- through face mask system



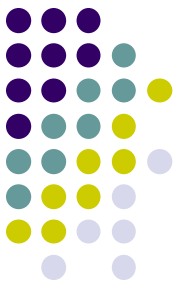


Advantages of Entonox :

- easy to use
- safe for both baby and mother

Disadvantages :

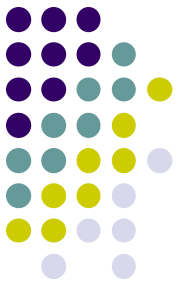
- degree of pain relief varies with person
- dizziness and drowsiness



2. Pethidine

- a strong narcotic pain killer given intramuscularly





- Advantage : simple administration
- Disadvantages :
 - a) degree of pain relief varies with person
 - b) nausea
 - c) respiratory depression of newborn baby if pethidine is given near the time of delivery .
Antidote may be required.

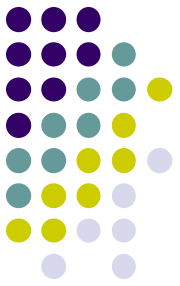
3. Epidural injection

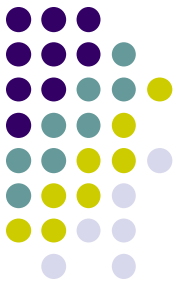
Performed by anaesthetist

Advantages:-

a) pain relief around 50 to 60%

b) can quickly converted into regional anaesthesia for caesarean section

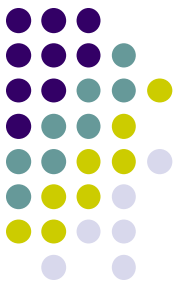




Disadvantages -

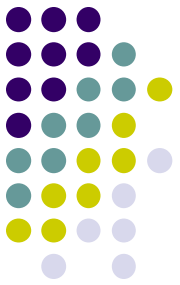
- a) transient numbness and weakness of
of lower limbs
- b) may have some shivering
- c) transient mild backache
- d) very small chance of needle puncture
around spinal cord
- e) very rare chance of nerve damage
- f) may affect baby on breast feeding

Nursing Care during 2nd stage labour



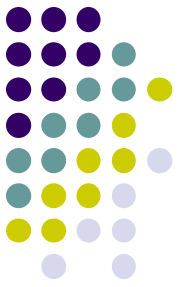
- 1) Confirmed by vaginal examination
- 2) Continuous monitoring of maternal & fetal condition
- 3) Position for delivery





- 4) Co-operate with medical staff
- 5) Contraction → breathe & push(bear down)
- 6) +/- Episiotomy
- 7) Baby out
- 8) Oxytocic drug

Nursing Care during 3rd Stage labour



- Placenta out
- Then :
 - 1) +/- repair episiotomy
 - 2) assessment
 - 3) rest
 - 4) initiate early breastfeeding
 - 5) to postnatal ward for rest

Husband Accompanying Labour



Points to note:

Do

1. Cooperate with medical and nursing staff
2. Be patient
3. Give support to your partner
4. Inform nursing staff if you feel discomfort ; or want to leave the Labour Room



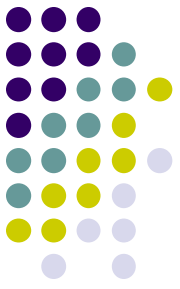


Do not

1. Wandering around
2. Touch or adjust medical equipment
3. Video taping or photo taking
4. Use mobile phone
5. Eat or drink in Labour Room



Things to bring to labour suite



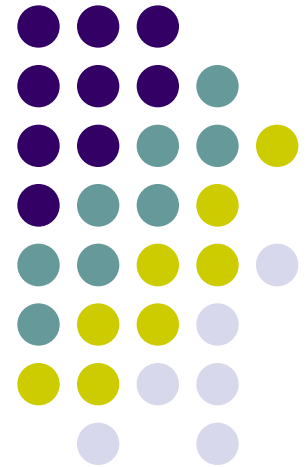
Mother

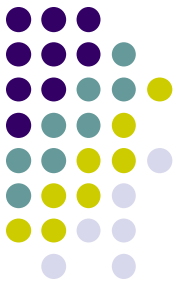
- a cup
- toiletries
- tissue paper
- slippers
- maternity pads
- underpad
- you & your partner's I.D. Card
- antenatal book & card
- A small bag for labour room admission:
e.g. lip balm, favourite CD, massage
oil, favourite handkerchief**

Baby

- new-born
diapers
- wet disposable
tissue
- cotton wool balls

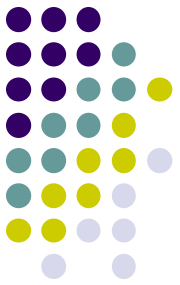
Birth Plan Discussion



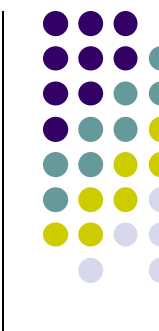


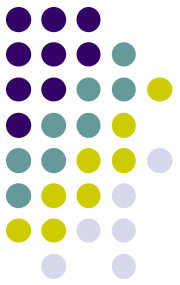
Birth Plan-Issues to think about
When you are being admitted to the hospital:

Issues	Remarks
Clothing:	
Hospital clothes / Own clothes	
Diet:	
Chinese / Western food / Special diet	
Decision for the management of pre-labour rupture of membranes: induce / observe	
Others:	



When you are in labor:	
Issues	Remarks
Name of your partner who accompany you during labour:	
Clothing:	
Hospital clothes / Own clothes	
Rupture of membranes: spontaneous or artificial	
Fetal heart monitoring: using telemetry or not	
Your position during first stage of labour: Up and about, sitting on chair / birth ball / stay in bed	
Food and nutrition	

<p>Pain relief: Natural method: (partner participate) relaxation breathing exercise massage music aromatherapy (self-prepared) Pharmacological: Entonox inhalation Pethidine injection Epidural Analgesia</p>	
At Delivery	
Episiotomy / natural tear	
Position of delivery	We usually arrange the woman in sitting position.
Cut cord (partner allowed to cut cord)	
Injection of Oxytocic drug at 3rd stage of labour	We recommend you to receive such injection as it is proven that the drug can help to reduce blood loss after delivery.
Deliver of placenta: Assisted / by maternal effort	If you receive the Oxytocic drug, we must help you to deliver the placenta in order to prevent retain placenta.
Others	



Baby in labour room	
Routine drug & immunization Vitamin K1 Chlorotetracycline eye ointment Hepatitis B Vaccine +/- immunoglobulin	We recommend your baby to receive all the routine drug and immunization to protect your baby.
Hold the baby	
Breast feed the baby in labour room	We recommend you to breastfeed your baby as early as possible.
First baby bath – vernix	
Other ideas / Remarks :	



ANSWERS

QUESTIONS

Gentle Reminder

1. Please fill out the feedback form and give back to our colleagues.

2. If you would like to know more information and AN talk video, please refer to the following link:

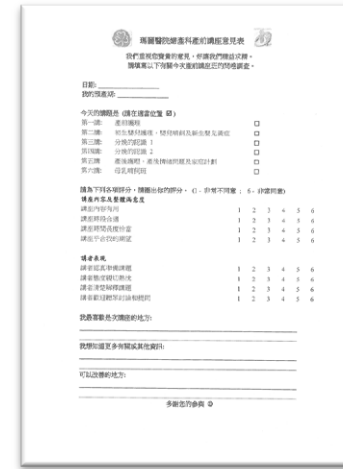
http://www.obsgyn.hku.hk/patient_information

(QR code can be downloaded from our reception counter)

3. Certificate of Attendance –

The application form could be taken from our staff in this talk or TYH OPD staff.

The certificate will be mailed to you within one month of application.



新加坡科技大學科醫中心護理部
我們重視您的意見和建議，煩請您填妥此表，
請填寫以下有關今天課程的滿意度及期望。

日期: _____
您的院區: _____

今天的課程 (請在適當位置打勾)

第一節: 產科護理	<input type="checkbox"/>
第二節: 產後護理 (包括母乳哺育、嬰兒護理及新出生兒護理)	<input type="checkbox"/>
第三節: 分娩知識 1	<input type="checkbox"/>
第四節: 分娩知識 2	<input type="checkbox"/>
第五節: 產後護理、產後出血的預防及處理	<input type="checkbox"/>
第六節: 母乳哺育	<input type="checkbox"/>

請為下列各項評分，(圈出合適的分數，0 = 非常不同意，5 = 非常同意)

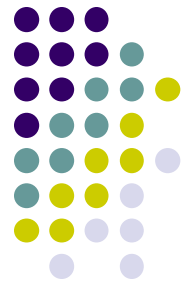
講者專業知識與經驗	1	2	3	4	5	6
講者內容充實	1	2	3	4	5	6
講者語言流暢	1	2	3	4	5	6
講者態度親切	1	2	3	4	5	6
講者其他知識技能	1	2	3	4	5	6
講者對目標對象的知識	1	2	3	4	5	6

此表格數據將公開於統計表內:

我對知道更多有關此項活動的資料:

可及性資料地址:

多謝您為多謝 ☺



Thank you

