



Positioning during Labor

MAMABIRTHIE MATERNITY SKILLS CHECKLIST

Disclaimer: We recognize that some people who give birth do not identify as a woman. For the purpose of this practice tool, we use the term 'woman' inclusive of gender-diverse people.

Overview:

Exploring different positions for labor and birth can be a practical way for nurses to support women and their partners plan for a positive birth experience.

There are multiple positions that women can adopt during labor and birth, with research indicating the benefits of mobilizing during labor and the use of upright positions.

Learning objectives:

- Communicate effectively with woman about the research supporting upright positions in labor and birth
- Engage with woman to demonstrate positions during labor and birth

Equipment:

- MamaBirthie on a student
- Bed
- Birthing stool or yoga ball
- Pillows
- Support person
- Chair

Scenario:

You are counseling an antenatal woman on what to expect in labor. You are aware of the strong evidence which supports upright positions and mobilization during childbirth. You wish to share this research to encourage the woman to understand the significance of the female anatomy during childbirth and the how these positions can support normal birth.

Checklist:

	Done	Not Done	N/A
a. Explain the purpose of today's discussion related to positions of labor and birth			
b. Encourage discussion about what the woman knows or thinks about how they may adapt certain positions in labor			
c. Assist the women to participate in practicing the following positions:			
d. Upright positions: <ul style="list-style-type: none"> a. Standing and leaning forward onto a sturdy surface (such as a bed, chair, or partner) b. Leaning onto a birth ball or other support c. Squatting d. Walking or swaying 			
e. Sitting or kneeling positions: <ul style="list-style-type: none"> a. Sitting on a birth stool or toilet b. Kneeling on hands and knees c. Sitting with legs apart d. Reclining on a birth bed with supportive pillows 			
f. Side lying positions: <ul style="list-style-type: none"> a. Lying on one side with a pillow between the knees b. Lying on the back with hips elevated 			
g. Encourage the woman to share how she perceives these positions may assist in labor			
h. Thank the woman for her participation and encourage practicing at home with her birth partner(s).			

Reflective questions:

Discuss the different ways that women present and manage pain during labor and birth, the importance of pain assessments in labor during active labor and how you as a nurse manage women experiencing labor pain.

Facilitator questions:

- 1) How would you guide and empower a woman during labor who does not have the knowledge or experience of laboring in different positions?
- 2) What different ways do women present pain during labor and birth?
- 3) How can we manage own possible negative/stressed reactions and ensure that own struggles does not affect the birthing woman?