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Labour Monitoring and Assisted Observation of Normal Birth

Practical 03 / Skills laboratory simulation

Aim

Chart labour observations and demonstrate the student's role in a normal birth simulation.

Principle

Labour care tracks maternal and fetal wellbeing and progress together. The chart supports timely review of deviations and communication across shifts.

Materials and Requirements

- Birth model, birth record and current Labour Care Guide or facility chart
- Time-stamped maternal, fetal and labour observations

Procedure

1. Verify identity and pregnancy details, review risk factors and discuss comfort, preferences and consent. Define the student and supervisor roles.
2. Review labour stage, risks and preferences. With the WHO Labour Care Guide, start charting the active first stage when dilatation reaches 5 cm or more in established active labour. Confirm the applicable chart and the team's monitoring roles.
3. Enter contractions, cervical findings supplied by faculty, maternal observations and fetal heart information by time. Document membranes and fluid when relevant.
4. Enter each maternal and fetal observation beside its actual time. Record contractions, membrane status, fluid and exam findings supplied by the instructor without inventing unavailable entries.

Continue with step 5 on the next page.

Procedure Continued

Labour Monitoring and Assisted Observation of Normal Birth

5. Identify chart alerts and inconsistent trends. Call the supervising clinician and record the response.
6. Review the trajectory and the applicable chart thresholds and mark concerning values. Call the responsible clinician and record the response and reassessment time.
7. On the model, prepare the station and demonstrate the assigned observation or assistance sequence under faculty direction. Include immediate newborn readiness and active communication.
8. On the birth trainer review the team's equipment, infection prevention and maternal communication checks. Observe and perform the assigned assistance tasks with faculty and prepare for simulated immediate newborn assessment.
9. Record time of birth, maternal observations, blood loss, placenta assessment and neonatal status using the simulation case.
10. Complete the birth entry with times, newborn condition, maternal findings, placental review and cumulative measured loss. Confirm the next postpartum observation and team handover.

Precautions

- Observe or assist only within the student role with consent and supervision.
- Use current facility alerts and avoid applying a universal dilation rate to all labours.

Observations and Interpretation

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Observations and Record

Item	What to record	What it tells you
Maternal observations	Vital signs, symptoms and support needs	Assesses maternal wellbeing
Fetal and labour findings	Fetal heart trend, contractions, progress and membranes	Supports timely review
Birth summary	Time, early findings and escalation	Enables team follow-up

Worked Example

The model case shows documented cervical progress but two concerning fetal heart observations. The student calls for review before continuing routine charting.

Result and Interpretation

Fetal and maternal status take priority. Chart the findings and the action required by the facility pathway.

Viva Questions and Answers

Why plot exact observation times?

They make changes and their relation to actions clear.

What is the student role when a new alert appears?

Call the responsible team and communicate the trend clearly.

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