



Labor Support Skills to Promote Vaginal Birth

Thank you for your interest in expanding and sharing your labor support skills! The following is an outline of the course that you may utilize in your own hospital. It is important to both present the evidence and perform hands-on practice/simulations as outlined. Including and incorporating a community doula to assist with this course is ideal. You may utilize the recorded videos or training slides found at the link below.

Page 1: Class outline

Page 2: List of resources that are available on our FPQC Labor Support Workshop page (fpqc.org/laborworkshop) for use at your classes and to share with your teams! **You can also access the page using the QR code above.**

Train the Trainer Workshop (2022)

8:00 AM	WELCOME! (OVERVIEW OF COURSE)
	Introductions, Course Objectives, Plan for day: <ul style="list-style-type: none"> • Watch recorded FPQC Labor Support videos: <ul style="list-style-type: none"> ○ Brief Introduction to the Issue (13-minute video) • Review of any updated information and the PROVIDE Toolkit • Explain plan for “Role Play” scenarios and practice with simulation tools/techniques
8:30 AM	<ul style="list-style-type: none"> • Play “Latent Labor” (FPQC 47-minute video) • Discuss helpful tools, including examples of patient education materials from PROVIDE Toolkit • Review AWHONN Position Statement: “Continuous Labor Support” (2018) • Latent Labor Role Play
9:20 AM	BREAK
9:30 AM	<ul style="list-style-type: none"> • Play “Active Labor” (45 min video) • Hand out FPQC Algorithms on Labor Dystocia, Failed Induction, Fetal Heart Rate (FHR) Concerns/Indications
11:00 AM	LUNCH BREAK
11:30 AM	<ul style="list-style-type: none"> • Promoting Spontaneous Labor & Comfort Techniques: “Hands On” • Practice positioning techniques with Peanut Ball, Rebozo, & techniques for labor support • Videos: Miles Circuit, Gail Tully side-lying release, Hip Dip Asymmetrical video
12:15 PM	Intermittent Auscultation (IA) <ul style="list-style-type: none"> • Play 31-minute video, include simulation sessions
2:00 PM	Supporting Second Stage <ul style="list-style-type: none"> • Play 2nd Stage Labor video (18-minute video) • Hands on support simulation with birthing bed positioning, squat bar, squatting
3:00 PM	<ul style="list-style-type: none"> • Q&A • Reference books, tools from FPQC Toolkit • Discuss plans for implementation of skills learned
4:00 PM	Wrap Up; Evaluations

Class materials include: Birthing Bed, Squat Bar, Peanut Ball, Birthing Ball, Rebozo, & Labor Support Cart

Core Videos for Class

The entire video playlist for the Labor Support Skills Trainings can be found on [YouTube](#). Individual video links can be found below. Jessica Brumley, CNM, PhD is the Director, Division of Midwifery, Obstetrics and Gynecology at USF Health and an expert in evidence-based non-medical laboring practices.

1. [Introduction by Jessica Brumley, CNM, PhD](#), (13 min video) with updated slides on rankings
2. [Latent Labor by Jessica Brumley, CNM](#) (47 min video)
3. [Active Labor by Jessica Brumley, CNM](#) (45 min video)
4. [IA by Jessica Brumley, CNM](#) (31 min video)
5. [2nd Stage Labor by Jessica Brumley, CNM](#) (18 min video)



Visit the YouTube Playlist

FPQC Educational snippets folder to reinforce content ([FPQC.org/PROVIDE](#))

1. [How to use the Peanut Ball](#) (5 min)
2. [Rotating A Malpositioned Baby, Miles Circuit](#) (3 min)
3. [Why Maternal Positioning Helps Prevent Cesareans](#) (5 min)

Additional Patient Education Videos

1. [Let Labor Begin On Its Own](#) (3:18) Lamaze (Mother's Advocate)
2. [Walk, Move & Change Positions](#) (2:14) Lamaze
3. [Hip Dip](#) (4:38) – [Poor audio but excellent content]
4. [Mid Pelvis 7 cm stall](#) (2.5 min): Side-lying release
5. [Cupid Shuffle](#) (3 min) YouTube video
6. [Get Upright & Follow Urges to Push](#) (3:30) Lamaze
7. [Avoid Unnecessary Interventions including IA](#) (3 min)

Class Handouts, Algorithms

1. Practice Scenarios- PRINT OUT for class:
 - a. [Power of Language](#)
 - b. [Comfort Techniques in Active Labor](#)
 - c. [Comfort Techniques in Latent Labor](#)
2. "Stations Visuals" – *Coming Soon!*
3. Algorithms: [Induction](#), [Augmentation](#), and [FHR Concerns](#)

Additional Resources

1. PQI Intermittent Auscultation (IA) competencies for nurses ([perinatalqi.org](#))
2. AWHONN Position Statement on "[Continuous Labor Support for Every Woman](#)" (2018)
3. Spinning Babies ([spinningbabies.org](#))
4. Bundle Births ([bundlebirth.com](#))
5. FPQC PROVIDE Toolkit has a plethora of information! Be sure to review our toolkit! ([FPQC.org/PROVIDE](#))
6. [Mothersadvocate.org](#) (Lamaze)
7. [Mybirthmatters.org](#)
8. [Evidencebasedbirth.com](#)
9. [Penny Simkin's Labor Progress Handbook](#)
10. [ILPQC Promoting Vaginal Birth Labor Management Support E-Modules](#)

Additional archived resources from the Promoting Primary Vaginal Deliveries Initiative can be found at:

[fpqc.org/PROVIDE](#)