May the Hands be with You: Return to the Bedside

SAFE REDUCTION OF PRIMARY CESAREAN BIRTH

FLORIDA PERINATAL QUALITY COLLABORATIVE

FPQC

Why Labor Support Skills?

Continuous Labor Support Position Statement

"In alignment with the ACNM, ACOG(2025) & SMFM AWHONN emphasizes the importance of supportive care during labor and birth. By facilitating a continuous supportive environment for people in the birthing room, nurses can positively influence labor processes, maternal and neonatal outcomes, and overall birth experiences (Maxwell et al., 2024)"

Benefits of Upright Positioning & Mobility in Labor

- *Maternal Positions and Mobility During First Stage Labour* (Lawrence et al.)
  - 25 trials involving 5,218 women
  - **Shorter labor:** First stage shortened by approximately 1 hour, 22 minutes
  - **Fewer cesarean births:** 29% relative reduction
  - Less epidural use
  - No apparent increase in adverse maternal or neonatal outcomes

- **Clinical takeaway:** Encourage and support mobility and upright positions

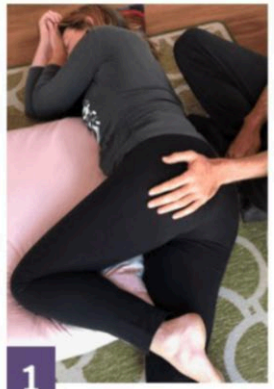
- based on patient preference and clinical circumstances

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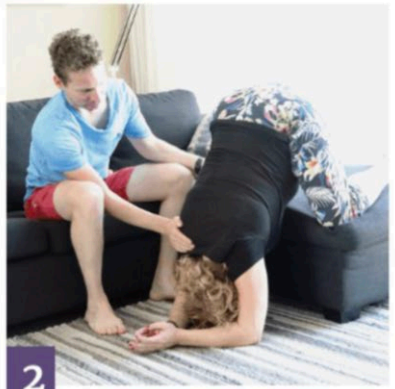
Labor Support Workshop Resources Link



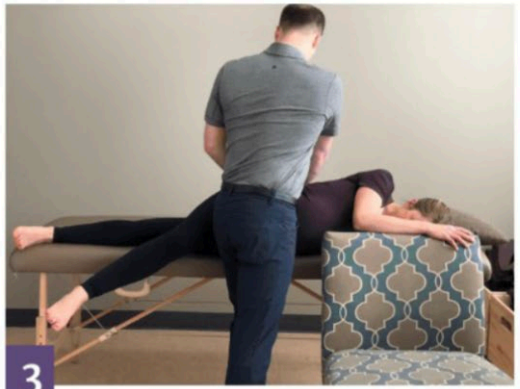
3 Sisters of Balance



1 Jiggle



2 Forward-leaning Inversion



3 Side-lying Release

Picture Link - Spinning Babies

Session Guidelines

- Demonstration: **3 labor support techniques**
- After our demo, move into your group led by labor support experts
  - We have **10 numbered groups** (Coach-Mentor's hospital groups)
  - **Look on your name tag for your group number!**
  - **Advent & HCA groups may be outside!**
  - You should see at least **1 of your CMs** in your group
- You have **20 minutes** to practice
- Return to general session when announced for **5 min Q&A**

3 Positions to Practice with your Group

1. Figure 8 on Birth Ball

2. Lateral Lunge

3. Side Lying Release

Figure 8 on Birth Ball



Lateral Lunge

Using a steady chair, place one leg elevated and lunge towards the chair. To aid in keeping her pelvis open, have the mother face away from the chair.





Side-Lying Release

- Contractions with no progress
- Labor stalls at 5, 6, or 7 cm
- Asynclitic or malposition baby
- Contractions are more painful than expected



Questions?

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