

Stages of Labor

| First Stage ~12.5 Hours Duration Cervical Dilation: P: 1cm/hr M: 1.5 cm/hr | | | Second Stage P: 30 min to 2 hr M: 5 to 30 min | Third Stage 5 to 30 min | Fourth Stage 1 to 4 hours |
|---|--|---|--|--|--|
| Latent Phase P: 6 hrs M: 4 hrs | Active Phase P: 3 hr M: 2 hr | Transition Phase 20 to 40 min | <u>Full Dilation to Birth of Infant</u> | <u>Delivery of the Neonate to Delivery of the Placenta</u> | <u>Delivery of placenta to maternal stabilization of vital signs</u> |
| Cervical Dilation: 0 cm to 3 cm | Cervical Dilation: 4 to 7 cm | Cervical Dilation: 8 cm to 10 cm | Progresses to intense contractions every 1 to 2 minutes | | |
| <u>Onset of Labor</u> | Contractions | <u>Stage ends with Complete Dilation of the Cervix</u> | | | |
| Contractions <ul style="list-style-type: none">• Irregular, mild to moderate• Frequency: 5 to 30 minutes• Duration: 30 to 45 seconds | <ul style="list-style-type: none">• More regular, moderate to strong• Frequency: 3 to 5 minutes• Duration: 40 to 75 seconds | Contractions <ul style="list-style-type: none">• Strong• Frequency: 2 to 3 min• Duration: 45 to 90 seconds | | | |
| | Maternal Characteristics <ul style="list-style-type: none">• Rapid dilation & effacement• Some fetal descent• Anxiety & restlessness increase as contractions become stronger | Maternal Characteristics <ul style="list-style-type: none">• Tired, restless & irritable• Feeling out of control; Often states, "cannot continue"• Can have nausea and vomiting• Urge to push• Increased rectal pressure; feels need to have a bowel movement• Increased bloody show• Most difficult part of labor | Maternal Characteristic <ul style="list-style-type: none">• Pushing results in birth of fetus | Maternal Characteristics <ul style="list-style-type: none">• Placental separation and expulsion<ul style="list-style-type: none">o Schultz presentation: shiny fetal surface of placenta emerges firsto Duncan presentation: dull maternal surface of placenta emerges first | Maternal Characteristics <ul style="list-style-type: none">• Achievement of vital sign homeostasis• Lochia scant to moderate rubra |
| Maternal Characteristics <ul style="list-style-type: none">• Some dilation and effacement• Talkative and eager | | | | | |

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