

Stages of Labor

First Stage ~12.5 Hours Duration Cervical Dilatation: P: 1cm/hr M: 1.5 cm/hr			Second Stage Shorter in Multipara	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 Dilatation to Birth of Infant</u> <ul style="list-style-type: none"> Progresses to intense contractions every 1 to 2 minutes May say, "I have to push" or "The baby is coming" 	<u>Delivery of the Neonate to Delivery of the Placenta</u>	<u>Delivery of placenta to maternal stabilization of vital signs</u>
Cervical Dilatation: 0 cm to 3 cm	Cervical Dilatation: 4 to 7 cm	Cervical Dilatation: 8 cm to 10 cm			
<u>Onset of Labor</u>	Contractions <ul style="list-style-type: none"> More regular, moderate to strong Frequency: 2 to 5 minutes Duration: 40 to 60 seconds 	<u>Stage ends with Complete Dilatation of the Cervix</u> Contractions <ul style="list-style-type: none"> Strong Frequency: 1.5 to 2 min Duration: 60 to 90 seconds 	Maternal Characteristic <ul style="list-style-type: none"> Pushing results in birth of fetus Ferguson's reflex 	Maternal Characteristics <ul style="list-style-type: none"> Placental separation and expulsion <ul style="list-style-type: none"> Schultz presentation: shiny fetal surface of placenta emerges first 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
Contractions <ul style="list-style-type: none"> Irregular, mild to moderate Frequency: 5 to 30 minutes Duration: 30 to 45 seconds 	Maternal Characteristics <ul style="list-style-type: none"> More rapid dilatation & effacement Some fetal descent Anxiety & restlessness increase as contractions become stronger Sense of helplessness 	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 Characteristics <ul style="list-style-type: none"> Some dilatation and effacement Talkative and eager Sociable, excited 					

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