

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
<b>Latent Phase</b> P: 6 hrs M: 4 hrs	<b>Active Phase</b> P: 3 hr M: 2 hr	<b>Transition Phase</b> 20 to 40 min	<b><u>Full Dilatation to Birth of Infant</u></b>	<b><u>Delivery of the Neonate to Delivery of the Placenta</u></b>	<b><u>Delivery of placenta to maternal stabilization of vital signs</u></b>
Cervical Dilatation: 0 cm to 3 cm	Cervical Dilatation: 4 to 7 cm	Cervical Dilatation: 8 cm to 10 cm	<ul style="list-style-type: none"> <li>Progresses to intense contractions every 1 to 2 minutes</li> <li>May say, "I have to push" or "The baby is coming"</li> </ul>		
<b><u>Onset of Labor</u></b>	<b>Contractions</b> <ul style="list-style-type: none"> <li>More regular, moderate to strong</li> <li>Frequency: 2 to 5 minutes</li> <li>Duration: 40 to 60 seconds</li> </ul> <b>Maternal Characteristics</b> <ul style="list-style-type: none"> <li>More rapid dilation &amp; effacement</li> <li>Some fetal descent</li> <li>Anxiety &amp; restlessness increase as contractions become stronger</li> <li>Sense of helplessness</li> </ul>	<b><u>Stage ends with Complete Dilatation of the Cervix</u></b>			
<b>Contractions</b> <ul style="list-style-type: none"> <li>Irregular, mild to moderate</li> <li>Frequency: 5 to 30 minutes</li> <li>Duration: 30 to 45 seconds</li> </ul> <b>Maternal Characteristics</b> <ul style="list-style-type: none"> <li>Some dilation and effacement</li> <li>Talkative and eager</li> <li>Sociable, excited</li> </ul>		<b>Contractions</b> <ul style="list-style-type: none"> <li>Strong</li> <li>Frequency: 1.5 to 2 min</li> <li>Duration: 60 to 90 seconds</li> </ul> <b>Maternal Characteristics</b> <ul style="list-style-type: none"> <li>Tired, restless &amp; irritable</li> <li>Feeling out of control; Often states, "cannot continue"</li> <li>Can have nausea and vomiting</li> <li>Urge to push</li> <li>Increased rectal pressure; feels need to have a bowel movement</li> <li>Increased bloody show</li> <li>Most difficult part of labor</li> </ul>	<b>Maternal Characteristic</b> <ul style="list-style-type: none"> <li>Pushing results in birth of fetus</li> <li>Ferguson's reflex</li> </ul>	<b>Maternal Characteristics</b> <ul style="list-style-type: none"> <li>Placental separation and expulsion <ul style="list-style-type: none"> <li>Schultz presentation: shiny fetal surface of placenta emerges first</li> <li>Duncan presentation: dull maternal surface of placenta emerges first</li> </ul> </li> </ul>	<b>Maternal Characteristics</b> <ul style="list-style-type: none"> <li>Achievement of vital sign homeostasis</li> <li>Lochia scant to moderate rubra</li> </ul>