

Stages of Labor

First Stage ~12.5 Hours Duration Cervical Dilation: 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 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 - May say, "I have to push" or "The baby is coming"		
<u>Onset of Labor</u>	Contractions - More regular, moderate to strong - Frequency: 2 to 5 minutes - Duration: 40 to 60 seconds	<u>Stage ends with Complete Dilation of the Cervix</u>			
Contractions - Irregular, mild to moderate - Frequency: 5 to 30 minutes - Duration: 30 to 45 seconds	Maternal Characteristics - More rapid dilation & effacement - Some fetal descent - Anxiety & restlessness increase as contractions become stronger - Sense of helplessness	Contractions - Strong - Frequency: 1.5 to 2 min - Duration: 60 to 90 seconds	Maternal Characteristic - Pushing results in birth of fetus - Ferguson's reflex	Maternal Characteristics - Placental separation and expulsion - Schultz presentation: shiny fetal surface of placenta emerges first - Duncan presentation: dull maternal surface of placenta emerges first	Maternal Characteristics - Achievement of vital sign homeostasis - Lochia scant to moderate rubra
Maternal Characteristics - Some dilation and effacement - Talkative and eager - Sociable, excited		Maternal Characteristics - 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			