

-From full dilation of the cervix (10 cm) and complete effacement (100%) and ends with baby's birth.

Factors that facilitate birth of baby:

- Uterine contractions
- Gravity
- Maternal bearing down efforts

3 Phases:

1. Latent – period of rest and relative calm
 - fetus continues to descend passively through the birth canal
 - * period of physiologic lull for all criteria; period of peace and rest

2. Descent – phase of active pushing
 - characterized by strong urges to bear down

Contractions - significant increase

Frequency = 2 – 2.5 min. Duration = 90 sec.

Show: Significant increase in dark – red bloody show

3. Transition – presenting part is on the perineum and bearing-down efforts are most effective for promoting birth

Contractions = overwhelmingly strong

Intensity = expulsive Frequency = 1 – 2 min Duration = 90 sec.

Show: bloody show accompanies birth of head

3. Third Stage

-From birth of baby to expulsion of placenta

-GOALS OF MANAGEMENT: prompt separation and expulsion of the placenta in an easy and safe way.

Signs indicating expulsion of placenta:

-Firm contraction of placenta.

-Change in uterus from discoid to globular ovoid shape as the placenta moves into the lower uterine segment.

-Sudden gush out of dark blood

-Lengthening of the cord

4. Fourth Stage

-Expulsion of placenta to puerperium period