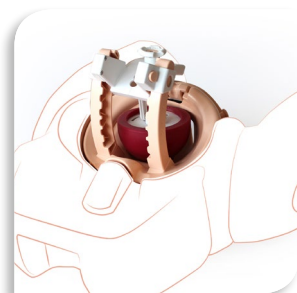


# PROMPT Flex Cervical Dilatation & Effacement Module

Product No: 80102



*For more skills training products visit*  
**limbsandthings.com**

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## PROMPT Flex Cervical Dilatation & Effacement Module

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*Product No:* **80102**

This versatile module is an optional add-on to the PROMPT Flex Standard or Wireless Force Monitoring simulator. It allows for training in management of both the latent and active first stages of labour.

### Skills

- Assessment and Bishop's scoring of:
  - Cervical dilatation (1-10cm)
  - Cervical effacement (0-100%)
  - Cervical ripeness/consistency (soft, medium, hard)
  - Cervical position (anterior, mid, posterior)
  - Foetal station (-3 to +3)
- Assessment of and artificial rupture of membranes
- Assessment of presenting part - flexed, deflexed, brow, face, breech, caput and moulding and caput formation

### Key Features

- Inserts to represent early labour cervixes - effacement, dilatation and ripeness in line with Bishop's scoring
- Positioning mechanism allows adjustment of station, dilatation and tilt without removal from the simulator
- Dynamic positioning mechanism allows adjustment of dilatation in active labour
- Markers allow tutor to read positioning in situ
- Numerous presenting part inserts including flexed, deflexed, brow, face, breech, caput and moulding

### Package supplied

- **80138 Perineum for PROMPT Flex CDE and C-Section Modules**
- **80139 Pelvic Ring**
- **80140 Static Rig**
- **80141 Dynamic Rig**
- **80142 Set of 7 Latent Labour Cervixes**
- **80143 Dynamic Cervix**
- **80144 Set of 5 Presenting Parts**
- **80145 Set of 2 Difficult Labour Heads** (includes parietal bones and 1 skin)
- **80146 Amniotic Membrane Set** (includes 25 membrane sheets, O ring, syringe and fluid tube)
- **80162 Set of 3 Caput**

## Components



**Perineum for PROMPT Flex  
CDE and C-Section Modules**  
Product No: **80138**



**Pelvic Ring**  
Product No: **80139**



**Static Rig**  
Product No: **80140**



**Dynamic Rig**  
Product No: **80141**



**Set of 7 Latent Labour Cervixes**  
Product No: **80142**



**Dynamic Cervix**  
Product No: **80143**



**Set of 5 Presenting Parts**  
Product No: **80144**



**Set of 2 Difficult Labour Heads**  
Product No: **80145**



**Amniotic Membrane Set**  
Product No: **80146**



**Set of 3 Caput**  
Product No: **80162**

## Consumables



**Pack of 25 Membrane sheets**  
Product No: **80147**



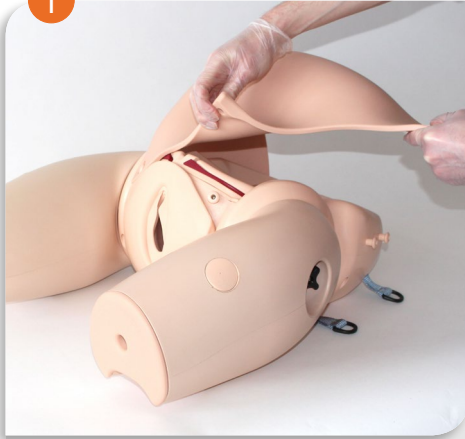
**PROMPT Birthing Lubricant**  
Product No: **10193**

## Attaching the Cervical Dilatation & Effacement Perineum

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This module is to be used in conjunction with your PROMPT Flex Birthing Simulator

1



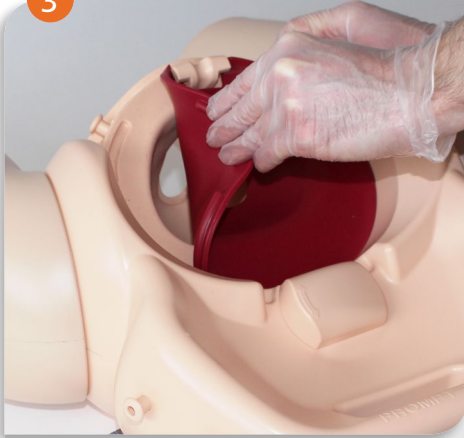
Remove PROMPT Flex Abdominal Skin from the PROMPT Flex Unit

2



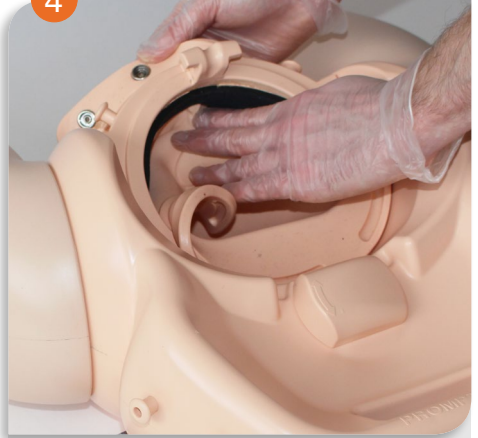
Remove the Pelvic Ring Clamp from the PROMPT Flex Unit

3



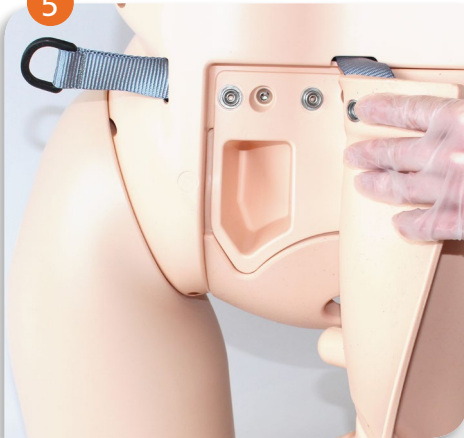
Remove the Cervix if present

4



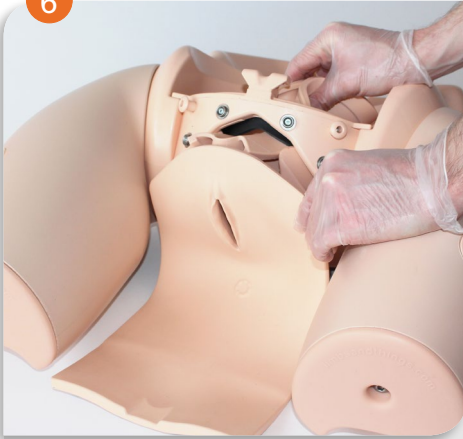
Remove the birth canal and perineum by firstly detaching the perineal skin from the poppers on the mother unit, then carefully feed the birth canal through the pelvis

5



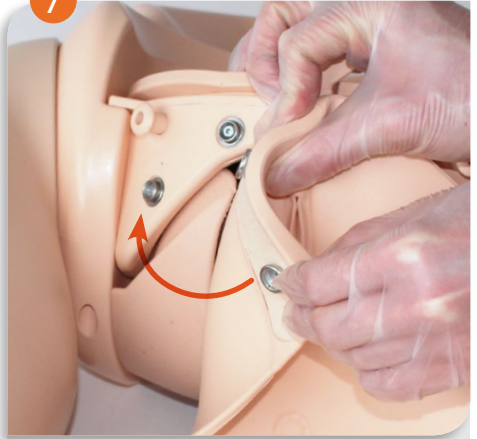
Once the top half of the perineum has been detached from the unit, detach the skin from the poppers on the bottom of the mother unit

6



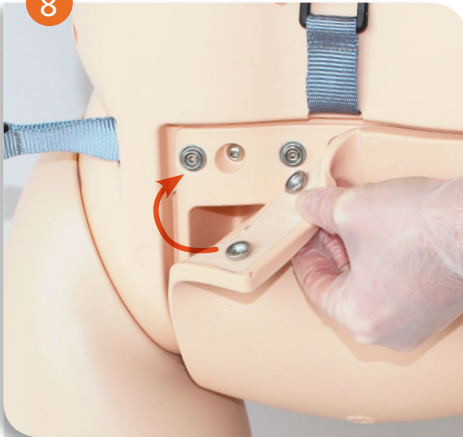
Attach the Perineum for PROMPT Flex CDE and C-Section modules. Push the birth canal up through the pelvis

7



Fix the perineum top using the poppers

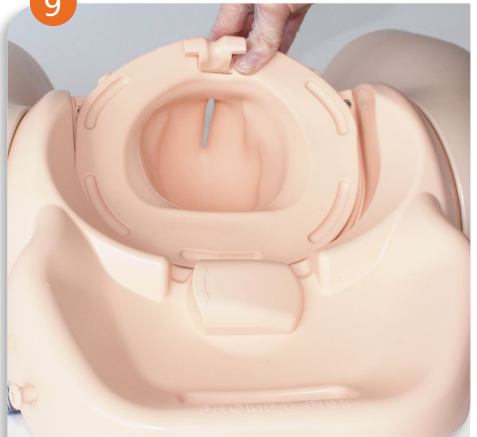
8



Fix the perineum bottom using the poppers

**NOTE:** Rolling the popper on side first is much more effective than pressing the whole popper on at once

9



The perineum is now in place. Some adjustment to the inside of the birth canal may be required to ensure it is seated properly in the pelvis

## Static Rig set up

1



Fit the Cervical Dilatation Pelvic Ring

2



Select the Static Rig

3



Choose presenting part and fit to the Static Rig. Boss shape allows only one-way fitting, so that presenting part is always fitted with occiput/back of head aligned with arrow on head plate

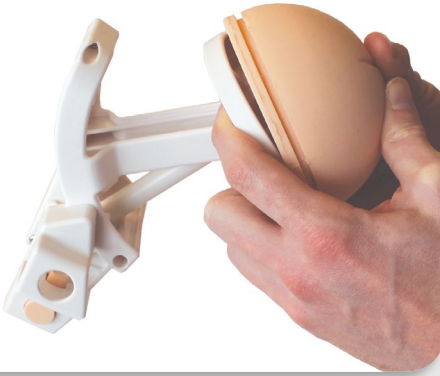
4



Align and fit the bottom of the presenting part first



5



Firmly press the presenting part into place on the Static Rig

6



Presenting part can be used with or without a cervix. You would not use a cervix if you were simulating full dilation. If using without cervix, lubricate head prior to positioning in birth canal

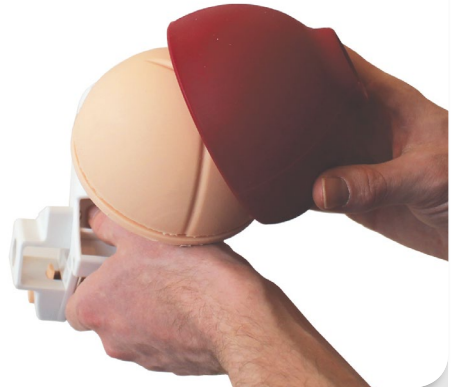
## Fitting Cervix

1



Once the presenting part has been fitted to the Static Rig, select cervix. Choose relevant cervix from the Set of 7 (0 - 4 cm)

2



Place the chosen cervix over the presenting part. A small amount of lubricant on the inside of the cervix will aid fitting



3



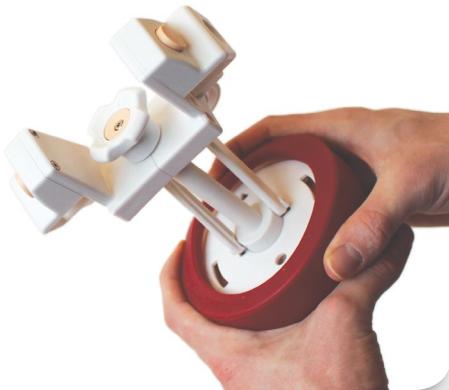
Stretch the chosen cervix over presenting part in the Static Rig

4



Ensure that the cervix covers the presenting part and that the edges fold around the base of the presenting part

5



The cervix is now fitted

6



Lubricate the outer surface of the cervix prior to positioning the rig in the birth canal

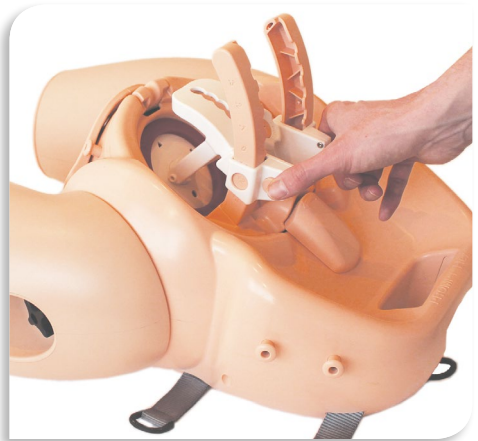
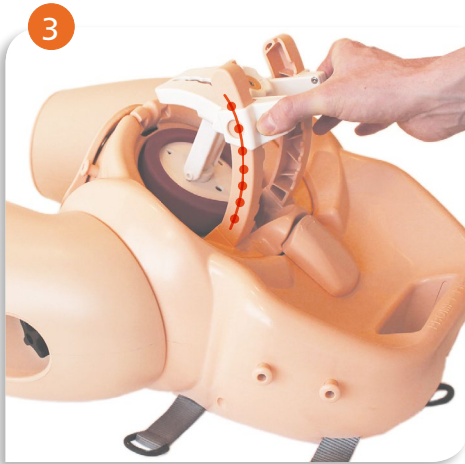
## Fitting the Static Rig to Cervical Dilatation Pelvic Ring



Lubricate birth canal

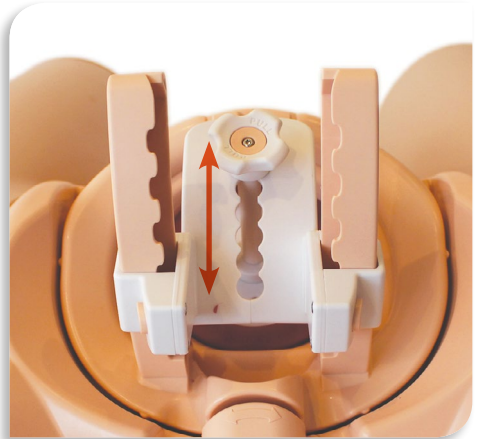
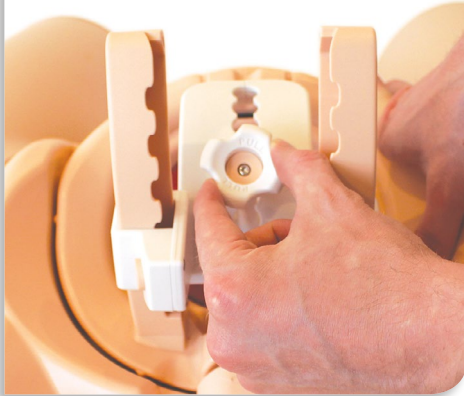


Press the button on either side of the Static Rig and with the presenting part facing down, fit the two gaps on the Static Rig (next to the buttons) over the cervical dilation pelvic ring



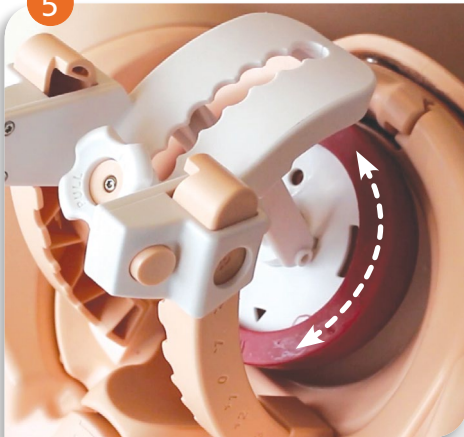
Once fitted, press the buttons on either side of the Static Rig to adjust the station (-3 - +3)

4



Adjust cervical position (tilt) by pulling the lever on the positioning rod and moving along the notched guide. The position of the rod gives degrees of positioning between anterior, mid, and posterior

5



Adjust foetal position (rotation) by rotating the cervix. The arrow on the boss plate always points to the direction of the occiput (the back of the baby's head)

## Dynamic Rig set up

---

1



Fit the Cervical Dilatation Pelvic Ring

2



Select the Dynamic Rig and follow steps 3 - 5 in the Static Rig set up



## Fitting Dynamic Cervix

---

1



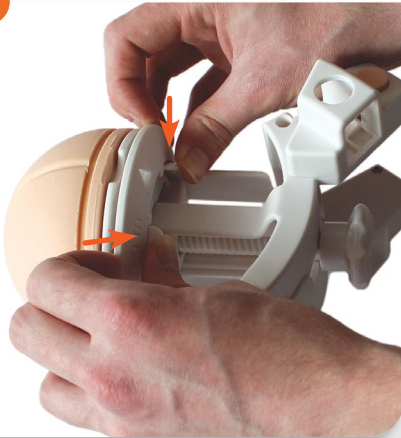
Rotate the rear end of the Dynamic Rig

2



This will make it easier to attach the cervix

3



Gently press down with thumbs on the two tabs, and place fingers between the two rings

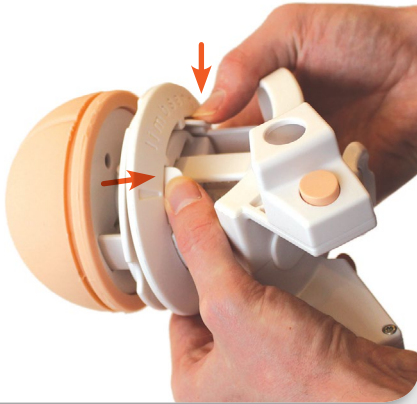
4



Gently pull the top ring away from the bottom ring to separate



5



Repeat this process on the other side of the Dynamic Ring, and separate the two rings

6



Now that the two rings are separated, turn the knob clockwise until the bottom ring rests just below the presenting part

7



The Dynamic Cervix is now ready to be fitted

8



Lubricate the presenting part

9



Select the Dynamic Cervix

10



Place the Dynamic Cervix over the presenting part

11



Stretch the Dynamic Cervix over presenting part in the Dynamic Rig. Ensure that the cervix covers the presenting part and that the edges fold around the base of the presenting part and the bottom ring



12



Take the loose top ring and line up the clamps so that the ring can be fitted into place. Line up the two arrows (one on the top ring and one on the clamp)

13



Press the top ring over all of the clamps

14



The top ring can then be clicked into place and secures the Dynamic Cervix in place



Alternatively, to change the presenting part, peel back the Dynamic Cervix to swap over

\* Lubricate liberally between the presenting part and cervix before use

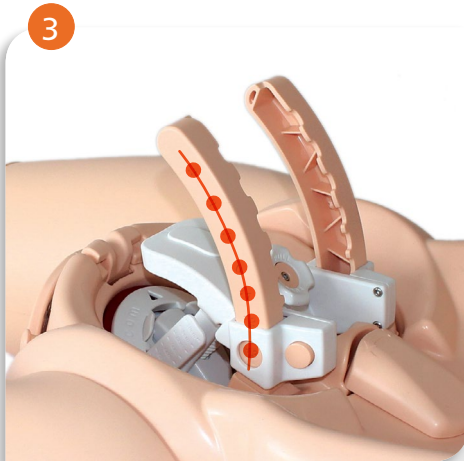
## Fitting the Dynamic Rig to Cervical Dilatation Pelvic Ring



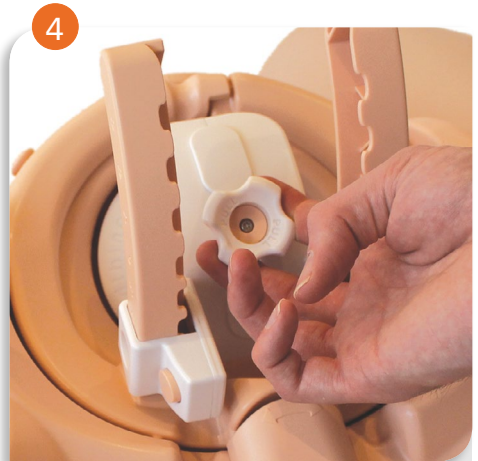
Lubricate birth canal as shown and between the cervix and presenting part



Press the button on either side of the Dynamic Rig and with the presenting part facing down, fit the two gaps on the Dynamic Rig (next to the buttons) over the Cervical Dilatation Pelvic Ring



Once fitted, press the buttons on either side of the Dynamic Rig to adjust the station (-3 - +3)



Adjust cervical position (tilt) by pulling the lever on the positioning rod and moving along the notched guide. The position of the rod gives degrees of positioning between anterior, mid, and posterior

5



The Dynamic Cervix stretches from 4 – 10cm dilated.



6



Sometimes when dilation is changed from between 8-10 to a lower setting, the cervix can catch and concertina. To remedy this, run your finger round the cervix with some lubricant. This can be done with the Dynamic Rig fitted in the model, or when it is separate from the model

7



Turn the knob clockwise to enlarge or anticlockwise to narrow down

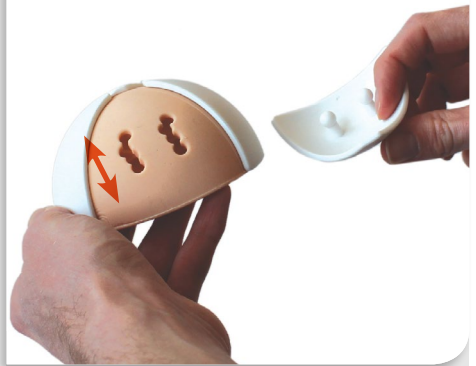
## How moulding and caput formation is simulated using the module

1



Select one of the two Difficult Labour Heads. They represent a flexed and de-flexed head. Each comes with one section of parietal bone fixed onto the head

2



The other two sections of parietal bone are moveable up or down to allow variation in the degree of moulding

3



Marked



Moderate



Mild

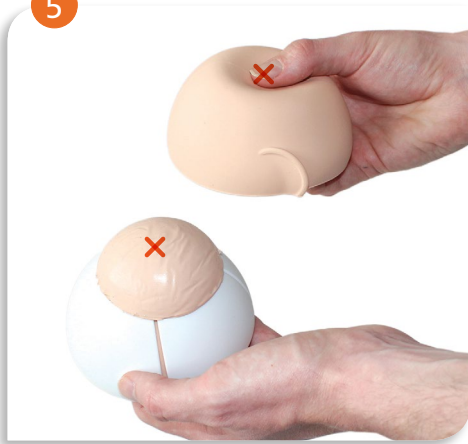


4



There are three sizes of caput provided.  
Select one of the caputs and place on top of the parietal bones  
(The larger the caput used the more difficult it will be to feel the fontanelles)

5



Attach the Skin for Difficult Labour over the top of the Difficult Labour Head by placing thumb in the centre of the skin and pulling around the head. The thumb holding the skin should also hold the caput in place



The Difficult Labour Head is now ready to be fitted to the Rig (follow Rig Setup instructions to fit the head to the rig)



## How membrane rupture is simulated using the module

---

1



Fit the Cervical Dilatation Pelvic Ring

2



Select the Static Rig



NOTE: Each of the heads has a small hole at the rear for the fluid tube to attach, and a hole on the top of the head where the water flows out when the membrane is in place

3



Select the flexed or de-flexed head. Peel away the membrane from the backing paper

4



Place the membrane sheet centrally over the selected head

5



Place the O ring on top of the membrane

6



Roll the O ring down until it locates the groove along the edge of the head



7



Select a cervix

8



Stretch the cervix over the head and membrane

9



Fit the head to the Static Rig

10



Rotate the head so that the hole on the underside of the Static Rig is easy to access

11



Attach the fluid tube

12



Rotate the head back into the correct position with the arrow at the top and the tube at the bottom

13



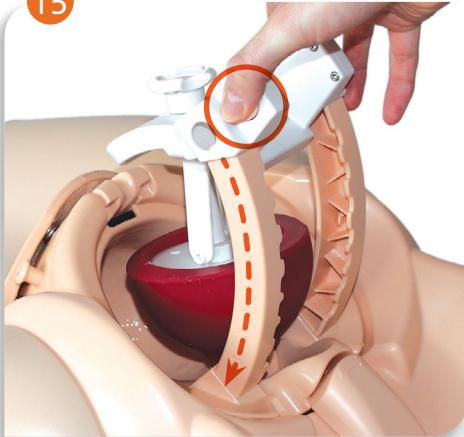
Lubricate the outer surface of the cervix

14



Lubricate birth canal

15



Press the button on either side of the Static Rig and with the presenting part facing down, fit the two gaps on the Static Rig (next to the buttons) over the Cervical Dilatation Pelvic Ring

16



The Static Rig is now in place

17



Fill the supplied syringe with 60ml of warm water and attach it to the fluid tube

18



Open the clamp on the tube. The water can now be injected into the model. Once all of the liquid has collected within the membrane, the membrane can be ruptured

## Setting up different scenarios - Latent Stage

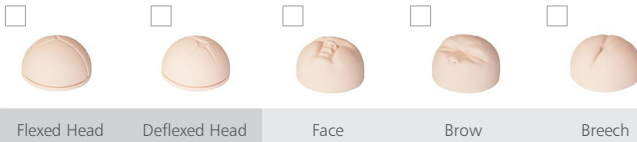
1



SELECT THE **STATIC RIG**

2

Pick one of the **PRESENTING PARTS**

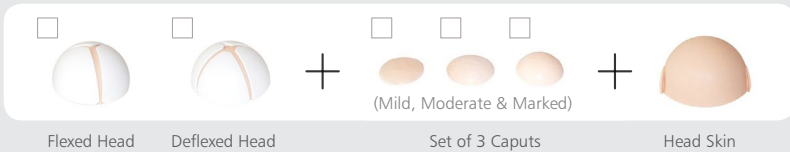


**AMNIOTIC  
MEMBRANE SET**



\* To simulate membrane rupture, you'll use one of the heads (Flexed or Deflexed)

OR any of the **DIFFICULT LABOUR HEADS**



3

Select one of the **CERVIXES** (*Latent Stage*)



\* We recommend using 3 to 4 cm dilatation cervixes when training Difficult Labour Heads or Amniotic Membrane

## Setting up different scenarios - Active Stage

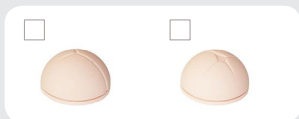
1



SELECT THE **DYNAMIC RIG**

2

Pick one of the **PRESENTING PARTS**

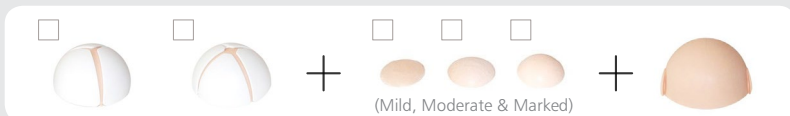


Flexed Head

Deflexed Head

\* You'll use one of the heads  
(Flexed or Deflexed)

OR any of the **DIFFICULT LABOUR HEADS**



Flexed Head

Deflexed Head

(Mild, Moderate & Marked)

Set of 3 Caputs

Head Skin

3

Use the **DYNAMIC CERVIX** (*Active Stage*)



It stretches from 4  
to 10cm dilated

10 cm dil  
Anterior lip

# A good starting point...

Take a look at our  
Cervical Dilatation & Effacement video



Visit the website or YouTube channel

[limbsandthings.com](http://limbsandthings.com)

[youtube.com/limbsandthings](https://youtube.com/limbsandthings)