



## **An Uncomplicated Birth**

#### **Educational Focus**

#### **Scenario Outline**

This scenario presents the vaginal birth of a healthy, full-term infant with clear amniotic fluid. Learners are expected to prepare for the birth by asking the 4 pre-birth questions, assembling a resuscitation team based on assessment of perinatal risk and performing the equipment check. This scenario presents no risk factors that increase the likelihood of resuscitation; therefore, a single learner may manage this newborn. The infant, who stays with her mother, remains persistently cyanotic, necessitating placement of a pulse oximeter and recognition of appropriate oxygen saturation for the newborn's age in minutes.

#### **Learning Objectives**

Upon completion of the simulation, the learners will be able to:

- Demonstrate correct technique for performing initial steps of newborn care with the newborn placed on the mother's chest or abdomen
- Demonstrate accuracy when counting a newborn's heart rate
- Demonstrate correct placement of the oximeter sensor and interpret the target oxygen saturation table to guide oxygen administration

#### **Debriefing Points**

Points for discussion during debriefing could include:

- Criterier for deciding if the newborn should stay with the mother or be moved to the radiant warmer
- · Indications for use of supplemental oxygen
- · Use of NRP Key Behavioral Skills

#### **Reference Materials**

Textbook of Neonatal Resuscitation, 8th edition, Lesson 2: Anticipating and Preparing for Resuscitation

Textbook of Neonatal Resuscitation,8th edition, Lesson 3: Initial Steps of Newborn Care

#### **Setup & Simulation**

#### **Equipment**

#### For setup:

- Damp, lightly blood-stained blanket or towel
- · Segment of simulated umbilical cord
- · Simulated amniotic fluid or water
- Simulated blood

### For use during simulation:

- · All items included in the NRP Quick Equipment Checklist
- · Umbilical cord clamps

#### **Setup & Preparation**

- Setting: Delivery room.
- Moisten the simulator's skin with simulated amniotic fluid and blood and insert the umbilical cord segment into the abdomen.
- Wrap the simulator in a damp, lightly blood-stained blanket or towel, without a diaper, and place it under a blanket or towel on the mother's abdomen.

#### **Learner Brief**

Provide this information to the participants as they enter the simulation:

You are called to attend a vaginal birth. The mother is a 24-year old woman who has been admitted in active labor. The obstetric provider is present. Please prepare for the birth.

#### **Additional Information**

Provide this information to the participants, if asked during simulation:

Gestational age: 39 2/7 weeks
Amniotic fluid: Clear
Additional risk factors: None known
Estimated fetal weight: 3500 g (7 lb 11 oz).
Umbilical cord management plan: Plan to delay cord

clamping for 30-60 seconds

if baby is vigorous



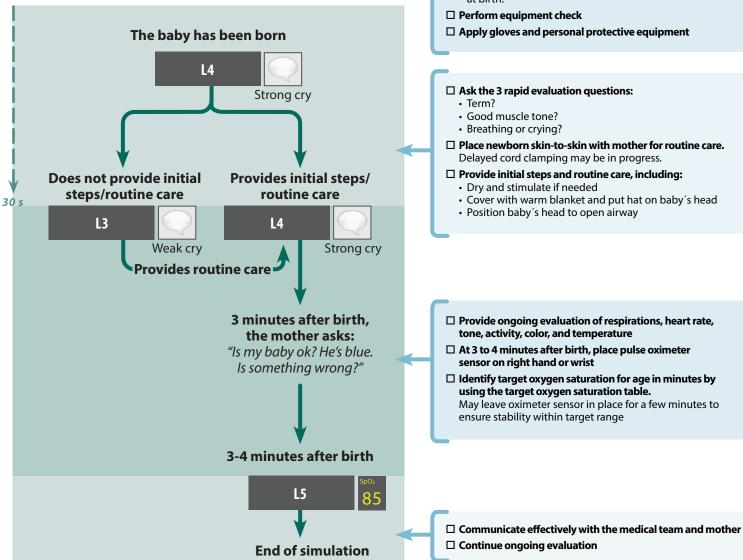


# **Scenario Progression**

#### **Before birth**

Vaginal birth

- 39 2/7 weeks gestation Clear amniotic fluid
- No known risk factors, estimated birth weight 3500 g
  - Plan to delay cord clamping for 30-60 seconds



#### **CRITICAL PERFORMANCE STEPS**

#### ☐ Ask the 4 pre-birth questions to assess perinatal risk:

- · What is the expected gestational age
- Is the amniotic fluid clear?
- Are there additional risk factors?
- · What is our umbilical cord management plan?

#### ☐ Conduct pre-birth team briefing:

- Assemble team based on perinatal risk. Perinatal risk is low; therefore, one person may manage this newborn at birth.
- ☐ Apply gloves and personal protective equipment
- $\hfill\square$  Place newborn skin-to-skin with mother for routine care. Delayed cord clamping may be in progress.

#### ☐ Provide initial steps and routine care, including:

- Cover with warm blanket and put hat on baby's head
- ☐ Provide ongoing evaluation of respirations, heart rate,
- ☐ Identify target oxygen saturation for age in minutes by using the target oxygen saturation table.

May leave oximeter sensor in place for a few minutes to