

- labour that starts before 34 weeks of gestation,
- labour that lasts longer than 12 hours.

If there is a healthcare facility in the area, it is best to arrange immediate transportation to take the woman there. If not, send for a trained birth attendant or health worker to help.

L.7.2.2 WHAT DO I DO IF THE WOMAN IS IN LABOUR OR IF THE WATERS HAVE BROKEN?

If there is a healthcare facility in the area, it is best to arrange immediate transportation to take the woman there. If not, send for a trained birth attendant or health worker to help.

L.7.2.3 WHAT DO I DO WHEN I HAVE TO ASSIST IN AN EMERGENCY BIRTH?

1. Encourage the expectant mother's companions and relatives to be involved.
2. Praise and encourage the mother.
3. Protect and respect her privacy and the local or religious customs.
4. Wash your hands before assisting. Use soap and water to wash your hands. If no soap is available, you can use ash to wash your hands. Alcohol-based sanitizers can also be used, if available.
5. Provide a reassuring touch to reduce anxiety



6. Encourage the woman to move around and find the most comfortable position.
7. Let her urinate often. A full bladder delays the process of labour and increases the chances of tearing and bleeding.
8. Permit sips of water to moisten the lips during labour.
9. Encourage her to breathe out calmly and to relax with each breath.
10. Seek immediate help if you notice the following complications:
 - The baby is coming out with the hips or feet first, instead of his head.
 - There are no contractions six hours after the waters break.
 - The contractions continue for more than 12 hours.
 - The woman is bleeding and/or she has fever.

L.7.2.4 WHAT DO I DO DURING THE PUSHING STAGE?



1. Support the woman in a comfortable position.

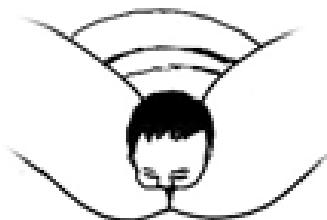
An upright position is the best, but a lying position is the least challenging to assist with delivery.

You can put a pillow under the right hip.

2. Wash your hands with water and soap. If no soap is available, you can use ash to wash your hands. Alcohol-based sanitizers can also be used, if available.
3. Put on (disposable) gloves or use a clean plastic bag to avoid contact with the bodily fluids.
4. Naturally, at this stage, the mother feels the urge to push.

If the pushing is not working, tell her to change position and to empty her bladder.

Tell the mother not to push when the baby's head is out.



5. Watch the baby come out while supporting the baby's head and shoulders.

Do not pull the baby out.

Do not push on the woman's belly during labour or after the delivery.

L.7.2.5 WHAT DO I DO WHEN THE BABY IS BORN?

1. Immediately after birth, place the baby on the mother's bare chest or abdomen so that they can have skin-to-skin contact.



2. To sterilise the cutting equipment, boil it for ten minutes or run it through a flame a few times and let it cool down.
3. Cut the baby's cord:



- a. Create two knots/ties:
 1. The first knot/tie is two cm (about three fingers) away from the baby's abdomen.
 2. The second knot/tie is four cm (about five fingers) away from the first knot/tie.
 - b. Cut between the two knots/ties with a clean razor blade, scissors or a knife.
 - c. Create another knot/tie on the side of the baby's abdomen if the cord continues to bleed after it has been cut.
 - d. Keep the cord dry and clean.
4. Wipe the baby's skin clean and dry and ensure that the baby is kept warm and close to the mother.
 5. The baby can be dressed or wrapped.



6. The placenta or afterbirth will come out naturally on its own. When it is out, put it somewhere safe until it can be disposed of properly.

Do not pull on the umbilical cord to remove the placenta and afterbirth. If the cord rips, it may cause infection or severe bleeding.

7. Wash your hands after taking care of the patient. Use soap and water to wash your hands. If no soap is available, you can use ash to wash your hands. Alcohol-based sanitizers can also be used, if available.



8. Encourage the mother to breastfeed the newborn. Although there is no breast milk at that moment, the baby's sucking will stimulate the production of milk.

Immediate breast-feeding also helps the placenta to come out and prevents bleeding of the mother after delivery.

9. Encourage the mother to move around as soon as she feels able and ready to do so.
10. Do not leave the mother unattended during the first 24 hours after giving birth.
11. The mother should go to a healthcare facility for further check-up and management.

L.7.2.6 WHAT DO I DO WHEN THE BABY IS NOT BREATHING OR NOT BREATHING NORMALLY?

1. Tell the mother that the baby is having problems breathing and that you will help.
2. Move the baby on to a clean, dry and warm surface.
3. Keep the baby wrapped and warm.
4. Start CPR for the baby.
5. Stop resuscitating after 20 minutes if the baby is not breathing or gasping for air and explain to the mother what has happened and offer her support.

L.7.2.7 WHAT DO I DO WHEN THE MOTHER IS BLEEDING HEAVILY AFTER GIVING BIRTH?

1. Call for help and arrange urgent transport to the nearest healthcare facility or hospital.
2. Massage the mother's belly firmly below the navel. This might slow down the bleeding.
3. Ask the mother to urinate if possible. This might slow down the bleeding.

L.7.2.8 WHAT DO I DO AFTER ASSISTING THE EMERGENCY BIRTH?



After birth, mother and baby should always be transported to a healthcare facility for further checkup and follow up.