

## Modified Burvill Score

Score	0	1	2
Themes	Signs may indicate Early Labour	Signs may indicate established labour	Signs may indicate advanced established labour
<b>Breathing</b>	Exaggerated, pain like breathing	Deeper breathing, controlled, pronounced, like a sigh	Not shallow, cannot talk, focused on breathing slow with contractions; grunting sounds, cries out with expiration
<b>Conversation</b>	Chatty, excitable, speaks quickly	Speaks less	Becomes quiet, conversation stops with each contraction, takes 20 seconds or more to resume talking; focus goes inward
<b>Mood</b>	Excitement/anxiety, happy, slightly agitated	Ceases to worry about external concerns	Withdraws, focus is on self
<b>Energy</b>	Wants to sort out practicalities	Becoming still. Inward focus on self	Still. Withdrawn into self
<b>Movement &amp; Posture</b>	Grasps abdomen and bends forward with contractions	Less mobile. Stops for contractions and holds onto something/one	Stays in one position with or without contraction. Sways hips during contraction
<b>Contractions without palpation</b>	20 - 40 seconds	50 seconds or more - at least 4 minutes apart	50 seconds or more, 2-3 minutes apart