

Time	Narration
00:02	Welcome to the <b>spoken tutorial</b> on preparation for breastfeeding after <b>C-section</b> .
00:09	In this tutorial, we will learn about:
00:12	Benefits of skin-to-skin contact in the operating room and
00:19	Preparation for skin-to-skin contact after <b>C-section</b> .
00:26	In this tutorial, the Operating Room will be called <b>OR</b> .
00:33	Skin-To-Skin contact will be called <b>STS</b> .
00:38	Let us begin.
00:40	Early <b>STS</b> in the operating room is important for the mother and the newborn.
00:47	It could benefit them during the surgery and the immediate postoperative period.
00:56	It strongly affects their long-term and short-term health problems.
01:03	It makes breastfeeding easier.
01:07	During skin-to-skin contact, mothers are highly focused on their newborn baby.
01:15	This focus on the baby helps them feel less pain.
01:22	When they feel less pain, their anxiety level decreases.
01:29	This helps in maintaining normal heart rates of the mother and the baby.
01:36	This also helps in maintaining normal blood pressures of both.
01:43	During skin-to-skin contact, mothers and babies keep each other warm.
01:51	This helps in maintaining their normal body temperature.
01:57	So, <b>STS</b> should be done in the operating room immediately after delivery.
02:05	It is essential that the hospital staff is comfortable with the process.
02:12	For this, adequate and appropriate preparation is necessary.
02:19	Such preparation must be done both before and during the <b>cesarean</b> delivery.
02:27	It involves all those responsible for newborn care.
02:33	They include the mother and her immediate relatives.
02:39	They also include the doctors,
02:42	nurses and the operating room staff.
02:47	Educate these people about the reason for introducing <b>STS</b> in the operating room.
02:55	Explain to them as to how the mother and newborn baby will benefit.
03:03	They may be anxious about beginning skin-to-skin contact in the operating room.
03:10	To reduce their worry, assure them of the safety of mothers and babies.
03:18	Safety and well-being of mothers and babies will always be the first priority.
03:26	Concerns arising in the operating room are to be calmly and clearly dealt with.
03:34	During the surgery, doctors may sense a medical emergency related to the mother.
03:42	In such cases, skin-to-skin contact in the operating room may not be completed.
03:50	The newborn will be taken up for requisite care in an appropriate setting.
03:57	Before the delivery, a nurse should be assigned to help in the operating room.
04:04	She should introduce herself to the mother.
04:08	She must confirm that the mother wants <b>STS</b> in the operating room.

04:15	Next, let's discuss the steps to be followed in the <b>OR</b> , before the delivery.
04:23	In the operating room, the mother's arms may be tied to the arm boards.
04:29	The arm board with the <b>IV</b> line is preferred to be tied to the left arm.
04:37	The other board with the blood pressure cuff is tied to the right arm.
04:44	In such cases, the assigned nurse can be helpful.
04:50	She should ask the doctor if the right arm can be released for <b>STS</b> .
04:57	She should tell the mother that this arm would be used to hold the baby for <b>STS</b> .
05:05	This arm will be straightened every few minutes to measure her blood pressure.
05:12	She must maintain the room temperature at 25 degree celsius.
05:19	This temperature is suitable for the baby's arrival.
05:25	The nurse must ensure that the mother is not wearing a bra.
05:31	Mother's gown should be unbuttoned.
05:35	This will help lower it easily to uncover her chest when placing the baby.
05:42	The nurse must notice the position of intravenous lines.
05:49	This will help her avoid them when placing the baby.
05:54	Lastly, she must keep a diaper or nappy,
05:58	warmed towels and blankets ready.
06:03	They will be used to dry and cover the baby.
06:08	The preparation for skin-to-skin contact in the operating room is now complete.
06:15	How to start <b>STS</b> in the operating room is discussed in another tutorial.
06:23	Please visit our website for more details.
06:28	This brings us to the end of this tutorial.  Thank you for joining.