

## Chapter 6 Study Guide Questions

Know terminology

List the "4 Ps" of the birth process.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

a. Cervical effacement is expressed as \_\_\_\_\_  
\_\_\_\_\_.

b. The amount of cervical dilation is expressed in \_\_\_\_\_.

a. The nurse should promptly report contraction durations longer than \_\_\_\_\_ seconds or intervals shorter than \_\_\_\_\_ seconds and a frequency closer than every \_\_\_\_\_ minutes.

b. Why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

State two reasons why the sutures and fontanelles of the fetal head are important in the birth process.

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_

The abbreviations below describe fetal presentation and position. Spell out each and identify the one describing a breech presentation, the one describing a face presentation, and the one that is the most common of those listed. Identify the fetal presentation and position that often cause "back labor" during birth.

a. RSA: \_\_\_\_\_

b. LMT: \_\_\_\_\_

c. ROA: \_\_\_\_\_

d. LOP: \_\_\_\_\_

The key difference between true labor and false labor is \_\_\_\_\_  
\_\_\_\_\_

List the three phases of the first stage of labor. Describe cervical changes and the approximate duration of each phase.

a. \_\_\_\_\_

\_\_\_\_\_

b. \_\_\_\_\_

\_\_\_\_\_

c. \_\_\_\_\_

\_\_\_\_\_

Describe typical maternal behaviors or occurrences during each stage and phase of labor. Describe any behavioral changes you noted during clinical when caring for a laboring woman. Was an epidural administered at any point? What behavioral changes did you note with that intervention?

a. First stage

i. Latent phase:

\_\_\_\_\_

\_\_\_\_\_

ii. Active phase:

\_\_\_\_\_

\_\_\_\_\_

iii. Transition phase:

\_\_\_\_\_

\_\_\_\_\_

b. Second stage:

\_\_\_\_\_

\_\_\_\_\_

c. Third stage:

\_\_\_\_\_

\_\_\_\_\_

d. Fourth stage:

\_\_\_\_\_

\_\_\_\_\_

Describe three characteristics of abnormal amniotic

fluid. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Describe the assessments in the following categories that the nurse should promptly report when caring for a laboring woman.

Temperature \_\_\_\_\_

Blood pressure \_\_\_\_\_

Fetal Heart rate \_\_\_\_\_