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## Colour codes and symbols
- **UNCOMPPLICATED**: Routine care
- **WARNING**: Attention and treatment
- **DANGER**: IMMEDIATE ACTION!
  - Special attention
  - *More information further down on the same page in a grey field*
  - ☢ Consider referral to higher-level hospital
Abbreviations

ANC antenatal care
APH antepartum haemorrhage
ARM artificial rupture of membranes
ART antiretroviral treatment
BP blood pressure
Bpm beats per minute
CS caesarean section
CTC care, testing and counseling
FHR fetal heart rate
GCS Glasgow Coma Scale
HIV human immunodeficiency virus
Hr hour
IM intramuscular
IV intravenous
Min minutes
MmHg millimetres of mercury
PPE personal protective equipment
PPH postpartum haemorrhage
PPROM preterm PROM
PROM prelabour rupture of membranes
PV per vaginal examination
RR respiratory rate
Sec seconds
SRM spontaneous rupture of membranes
Temp temperature
VBAC vaginal birth after CS

The PartoMa guidelines 2022 are approved by Tanzania's Ministry of Health, Community Development, Gender, Elderly and Children. The guidelines represent achievable essential care at Mwanyamala Regional Referral Hospital, Amana Regional Referral Hospital, Temeke Regional Referral Hospital, Sinza Hospital and Mbagala Rangi Tatu Hospital.
If in doubt, consult with colleagues and use guidelines. Surgeries and manoeuvres need hands-on training and supervision.

⚠️ No harm and no ill-treatment. No shouting, hitting, slapping, pushing, pinching, humiliation, threats or blaming.

⚠️ Kind, polite and truthful conversation about what is done and why. Honest feedback on findings. No procedures on mother or baby without mother's consent.

Right of Every Woman and Baby:
- Competent and motivated staff
- Best possible evidence-based care
- Gentle and professional care
- Information and informed consent
- If in doubt, consult with colleagues and use guidelines. Surgeries and manoeuvres need hands-on training and supervision.

⚠️ No harm and no ill-treatment. No shouting, hitting, slapping, pushing, pinching, humiliation, threats or blaming.
Encourage mother to choose position during labour and to have a birth companion. Encourage mother to drink and eat throughout labour.

No discrimination. No detention, extortion, bribes or denial of treatment. Keep mother and baby together

No exposure of mother’s nakedness or disclosure of personal information. Cover woman and use screens during exams
AN EXAMPLE OF CORRECT PARTOGRAPH USE

⚠️ The partograph must be used for ALL women in active labour, and also in second stage. WHO (2018) recommends not to start active phase before 5 cm cervical dilatation.

⚠️ The weakening of contractions may for example be caused by the mother feeling anxiety, by dehydration, or tired uterus (see 5 Ps, page 11)
Recordings in latent phase
Skilled birth attendants have decided that the observation sheet is applied during latent phase, which can be found in the maternity wards. The partograph is first used in active labour.

First recording in active phase
Active phase of labour starts when cervix is dilated 4-5 cm AND regular painful contractions. Start by plotting cervical dilatation on the alert line. Routine surveillance is further described on pages 4-6.

Each assessment of a woman in labour requires analysis of the partograph as a whole by asking:

1. Is mother in a good condition?
2. Is baby in a good condition?
3. Is progress as expected?

Assessments are described further on page 5.
Assess obstetric risks
See the ANC card and ask the woman about:
- Vaginal bleeding in current or previous pregnancy
- Previous CS
- Gestational age (preterm or postterm baby?)
  Estimated by ultrasound before 24 weeks gestation OR last menstrual period OR fundal height at ANC or on admission
- Other obstetric concerns
  For example: Reduced or absent fetal movement in last 24 hrs, meconium if membranes ruptured, PROM, breech, twin pregnancy, hypertension, obesity, anemia, diabetes, HIV, TB, suspicion of COVID-19 or other infections, mother’s age (less than 18 years or more than 40 years)

Assess symptoms and appearance of the mother
For example: Headache, blurred vision, severe general body weakness, jaundice, edema, cyanosis, difficulty in breathing, anaemia

Assess vital signs
RR, Pulse, BP, Temp, FHR, Oxygen saturation

Do abdominal exam*

Do vaginal exam (page 5)

Start observation of mother, baby and progress:
In latent phase of labour: Start observation sheet
In active labour: Start partograph (page 3)

Provide caring support

Inform the woman and start conversation:
- The plan for her birth
- Alert staff if increased vaginal bleeding, pain between contractions, more painful contractions, rupture of membranes, absent fetal movement, other needs or concerns

⚠️ If any fetal or maternal risk is identified, see the relevant pages of the PartoMa guidelines, and ensure that a senior doctor sees the patient
**ABDOMINAL EXAM**

Palpate abdomen for 10 minutes and assess duration and frequency of contractions. If too busy, then assess for 5 min. Also, train mother to assess herself

Palpate top of uterus (fundus) to exclude breech presentation. If breech, see page 18

Measure symphysis fundal height to confirm size of uterus

Palpate top of uterus

Pubic symphysis

Week 20

Week 38

Palpate both sides of uterus to determine location of baby's back, and assess if it is twins

Determine presenting part (for example vertex, breech or shoulder), and descent (level of head, in fifths of head above brim)

FHR is best heard at the top of the baby's back

Auscultate with handheld Doppler or Pinard at the end of a contraction for 1 min. Confirm that it is FHR and not maternal pulse

*ABDOMINAL EXAM*
SURVEILLANCE DURING LABOUR

LATENT PHASE
Regular painful contractions, cervix less than 4-5 cm. Latent phase is documented on the observation sheet.

Every 4 hrs AND when changes occur (for example SRM or increasing contractions):
BP, Pulse, FHR, Abdominal exam (lie, presentation), contractions, PV*
Signs of infections? (page 13)

If obstetric risks (for example preterm or postdate, previous CS or poor fetal movements):
FHR every 1-2 hrs

⚠️ If latent phase longer than 12-24 hrs:
If any risk factors OR ruptured membranes, consider induction (page 17). If no risk factors, consider rest with pain relief. Also, false labour must be considered (urinary tract infection, sexual transmitted infection, abruptio placenta, uterotonics/herbs taken at home)

FIRST STAGE, ACTIVE PHASE
Cervix 4-9 cm AND regular painful contractions
Active phase is documented on partograph (page 3)

Every ½ hr (at least every 1 hr): FHR
Every 2 hrs: Urine output (spontaneously is best)
Every 4 hrs: BP, Pulse, Temp,
Contractions, PV*

SECOND STAGE, ACTIVE PHASE
Cervix fully dilated (10 cm)
Second stage is documented on partograph (page 3)

FHR: Every 15 min before pushing has started
After every contraction when pushing

Contractions, PV: Every ½ hr*
BP, Pulse: Assess if 4 hrs since last assessment

⚠️ Urination before pushing to create space for baby, and guard perineum (page 21)
⚠️ Do NOT use fundal pressure or routine episiotomy. It does not accelerate birth, but it causes harm
*VAGINAL EXAM (PV)*

It should preferably be the same health provider doing each of a woman's vaginal exams.

**What to assess:**

1. Cervical dilatation  
   *Do not stretch cervix more open than it is*

2. State of cervix  
   *Effacement, thin/thick, rigid/soft, oedematous*

3. State of membranes *(intact or ruptured)*  
   If membranes have ruptured, assess colour and smell of liquor

4. Determining presenting part *(for example vertex, breech or shoulder)*

5. The presenting part's descent *(in relation to ischial spines, which is station 0)* and position *(for example occiput-anterior, occiput-posterior, frank breech, complete breech, footling breech, transverse lie)*

⚠️ *If vaginal bleeding, no digital vaginal exam before placenta praevia is ruled out by ultrasound (page 14)*

⚠️ *Assessing pelvic adequacy has limited diagnostic value. True cephalopelvic disproportion (CPD) is diagnosed by trial of labour and is an uncommon condition (pages 11 and 16)*
## Care After Birth

### Immediately After Birth of Baby

**Mother:**
- **Active management of third stage**
  - (IM Oxytocin 10 units, controlled cord traction, uterine massage)
- **Bladder full?** (encourage empty bladder)

**Baby:**
- **Not crying or not breathing?** *(page 22)*
- **Apgar score*** *(after 1 min and 5 min)*
- **Cord clamping** *(if baby is well, delay 2 min)*
- **Skin-to-skin with mother** *(at least first hr)*
- **Breastfeeding** *(should start within 1 hr)*

### After Birth of Placenta

**Mother:**
- **Vaginal bleeding above 500 ml?** *(page 15)*
- **Perineal/genital tears?** *(page 21)*
- **Placenta/membranes complete?** *(page 15)*

### 1 HR After Birth

**Baby:**
- **Head-to-toe examination**
  - Exclude malformations (*cleft palate, spina bifida, anorectal malformation*)
- **IM Vitamin K 1 mg**
  - *(if weight less than 1500g, give 0.5 mg)*
- **Ensure that breastfeeding has started**

### First 6 Hrs After Birth

**Mother:**
- **General condition and vaginal blood loss** *(assess every 30 min, PPH page 15)*
- **Palpate uterus** *(uterine massage if needed)*
- **Pulse, BP, Temp**
- **Bladder full?** *(encourage urination)*

**Baby:**
- **Breathing, colour and temperature**
- **Tetracycline eye ointment**
- **Cord bleeding?**
  - *Teach mother to assist in observing, fundal height, vaginal bleeding and wellbeing of baby. Teach mother to do uterine massage*

### Before Discharge

**Mother:**
- **Pulse, BP**
- **Vaginal discharge** *(blood loss and lochia)*
- **Ensure urination**
- **Examine breast**
- **Give instructions**
  - **Baby:**
    - **General condition**
    - **Birth weight**
    - **Assure timely and effective breastfeeding**
    - *Keep baby skin-to-skin as much as possible*
**APGAR SCORE**

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<tr>
<th></th>
<th>0</th>
<th>1</th>
<th>2</th>
</tr>
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<tbody>
<tr>
<td>Appearance</td>
<td>Blue/pale all over</td>
<td>Blue/pale limbs and pink body</td>
<td>Pink body and limbs</td>
</tr>
<tr>
<td>Pulse (bpm)</td>
<td>Absent</td>
<td>Less than 100</td>
<td>100 or more</td>
</tr>
<tr>
<td>Grimace</td>
<td>No response to stimulation</td>
<td>Grimaces when stimulated</td>
<td>Cries when stimulated</td>
</tr>
<tr>
<td>Activity</td>
<td>None</td>
<td>Some flexion</td>
<td>All limbs flexed</td>
</tr>
<tr>
<td>Respiration</td>
<td>Absent</td>
<td>Weak</td>
<td>Strong</td>
</tr>
</tbody>
</table>

⚠️ If not breathing, start bag-mask ventilation WITHIN the first minute (page 23)

To assess if the baby is pale or pink, look at oral mucosa, nail beds and palms and soles.

5 min Apgar score less than 7 indicates asphyxia and the baby needs close monitoring after birth.

**INSTRUCTIONS TO MOTHER**

1. **Danger signs for mother**
   - severe bleeding OR severe abdominal pain
   - fever OR foul smelling vaginal discharge
   - difficult or fast breathing
   - edema with headaches or blurred vision
   - painful, red and severely swollen breasts
   - leakage of urine OR painful urination
   - signs of postpartum depression

2. **Danger signs for baby**
   - not feeding well or vomiting
   - inactivity (movement only when stimulated)
   - excessive crying
   - convulsions
   - difficult or fast breathing
   - fever or low temperature
   - umbilical cord redness, bleeding, pus discharge
   - jaundice
   - diarrhea

3. **Advice on breastfeeding and good hygiene**

5. **Family planning counselling**

6. **Summary of the birth (including interventions and their indications, test results etc.)**
PAIN RELIEF DURING LABOUR

Respectful, caring and encouraging support and ambulation are often sufficient to cope with pain (page 2)

If distressed by pain:
- Assess FHR, contractions, PV (cervical dilatation) (if pain between contractions, see page 14)
- Encourage walking or most comfortable position
- Encourage breathing techniques

If severely distressed by pain AND more than 4 hrs to birth: Offer IM Pethidine 100 mg, single dose

⚠️ If Pethidine is given within 4 hrs before birth, newborn baby may have poor breathing (page 22). Antidote: IV Naloxone 0.1 mg/kg body weight.

PAIN RELIEF AFTER CS

Use a combination of:
Opioid AND NSAID AND Paracetamol

For example:
- IM Pethidine 100 mg 4-6 times daily AND
- IM Diclofenac 75 mg 2 times daily or ORAL Diclofenac 100 mg 2 times daily AND
- ORAL/RECTAL/IV Paracetamol 1g 4 times daily

⚠️ Opioid MUST be part of the combination for at least 24 hrs after CS. Optimal pain relief is a crucial part of respectful caring support, and it enables the mother to breastfeed. Monitor vital signs and pain levels for optimal pain management.
PAIN RELIEF DURING PERINEUM REPAIR

Ensure anaesthesia by local infiltration and/or pudendal block.

Total maximum dosage of lidocaine must not exceed 40 mL.

Local infiltration:
10-20 mL 0.5% lidocaine solution without adrenaline

Pudendal block:
10 mL 0.5% lidocaine solution just below the tip of the ischial spine (10-15 mL in each site)

⚠️ Never inject lidocaine IV. Therefore, do not inject if blood is aspirated.

For guarding and repair of perineum, see page 22

Pudendal block (perineal approach):

Identify the tip of the ischial spine through the skin or by vaginal examination

The needle is inserted medial to the tip of the ischial spine in an angle parallel to the vagina, until it touches the ischial spine. After ensuring that no blood is aspirated, inject 10 mL of lidocaine

Repeat the procedure on the opposite side, and wait for 2 min.
Screen for infections on admission
For example HIV*, COVID-19**, TB, malaria, urinary tract infection (rule out pyelonephritis)
If fever, see page 13

Clean hands
Handwashing OR alcohol-based handrub before touching patient, before procedures, after procedures, after touching patient, and after touching patient’s surroundings

Personal protective equipment (PPE)
Staff must wear mask when dealing with patients, and face shield if available

Clean birthing area

Post-exposure prophylaxis within 2 hrs if exposed to blood OR other potentially infectious body fluids:
Wash exposed area and report to CTC for counseling

Proper and immediate handling of waste
On admission
- HIV test of all women
- If HIV positive:
  1. Continue current ART medication OR start TLD single pill regime (*Tenofovir, Lamivudine, Dolutegravir*)
  2. Assess latest viral load results

During labour
⚠️ Vaginal birth with all procedures deemed necessary is preferable, unless: viral load above 1000 copies/mL OR no ART OR poor ART adherence
- Provide supportive care AND infection prevention
- Minimise invasive procedures (for example vaginal examinations and ARM before 7 cm dilation)
- Avoid severely prolonged labour (page 11)

Treatment of baby after birth
- If high risk baby (no ART OR ART less than 4 weeks OR viral load above 50 copies per ml): Enhanced postnatal prophylaxis (ePNP)
- If low risk baby: ORAL Nevirapine 1.5mls (15mg) for 6 weeks (if birthweight below 2500g: 1.0ml (10mg))
- Counsel: ARV adherence, CTC visits, infant feeding (exclusive breastfeeding OR exclusive replacement feeding in the first six months)

Examples of symptoms
- Fever, cough, shortness of breath, sore throat, nasal congestion, headache, loss of smell, nausea, vomiting, diarrhoea, close contact with suspected/confirmed persons

COVID-19 symptoms may mimic obstetric complications and other infections (severe preclampsia, eclampsia, pulmonary oedema, anaemia, malaria, TB)

Management of confirmed OR suspected cases
- Identify most appropriate room for isolation during birth (single-occupancy room, well-ventilated, closed door)
- Apply standard PPE precautions
- For severe or critical illness:
  In women who have difficulty breathing, including women with COVID-19, induction of labour must be considered (page 17).
  Careful monitoring throughout the period of respiratory insufficiency (in the maternity unit or intensive care unit).
  Timely supportive treatment (including oxygen if saturation below 93%).

* HIV, prevention of transmission to baby
** COVID-19, diagnosis and management
PRE-LABOUR RUPTURE OF MEMBRANES (PROM)

37 weeks gestation or more: *(term PROM)*

PROM less than 24 hrs in total:  
Routine assessments and supportive care in hospital

PROM more than 24 hrs in total:  
Start antibiotics, for example *(if not allergic)*:  
  Oral Erythromycin 500 mg 8 hourly AND  
  Oral Metronidazole 400 mg 8 hourly until birth

Plan for birth within 12 hrs. Induce if necessary *(page 17).*

PROM AND PRETERM BIRTH

Limit PVs due to risk of infection

Less than 37 weeks gestation: *(Preterm PROM)*

1. Sterile speculum exam to confirm leakage
2. Ultrasound (fetal wellbeing, liquor amount and gestational age
3. High vaginal swab (culture/sensitivity test)
4. Urinalysis
5. Start antibiotics, for example *(if not allergic)*:  
   Oral Erythromycin 500 mg 8 hourly for 10 days AND Oral Metronidazole 400 mg 8 hourly for 10 days *(or until birth)*
6. If gestational age less than 34 weeks, start dexamethasone and magnesium sulphate (see below)

If high risk: Induce immediately *(page 17)*  
*(high risk due to for example severe hypertensive disorder *(page 12)* or signs of infection *(page 13)*)

If low risk: Plan for expectant management in hospital, with close observation until 37 weeks gestation:  
Monitor for maternal and fetal wellbeing *(BP, Pulse, Temp., fetal movement, FHR, full blood picture (FBP))*
Confirm gestational age:
Use all available information (last menstrual period, physical exam in early pregnancy, ultrasound performed before 20 weeks, symphysis fundal height)

If high chance of birth before 34 weeks:
- Improve lung maturity of the baby by giving mother: Dexamethasone 6mg IM 12 hourly for 48hrs
- Prevent neurologic complications to the baby by giving mother: Magnesium sulfate 4g loading dose followed by an IV infusion of 1 g per hr for 24 hours or until birth (whichever occurs first)

If PROM, start antibiotics (see above)
Assess mother carefully
(pre-eclampsia page 12, maternal fever page 13, placental abruption page 14)

Prepare for birth
(routine CS is not recommended, avoid vacuum extraction, anticipate need for neonatal resuscitation)

Consider referral to higher level hospital

⚠️ Women with preterm labour or PROM have increased risk of complications, such as hypertension, pre-eclampsia (page 12), placental abruption (page 14), cord prolapse and infection (page 13)

⚠️ Newborns weighing 2000 g or less need kangaroo mother care as close to continuously as possible (early, continuous and prolonged skin-to-skin contact)
# Fetal Distress, Meconium

## Fetal Heart Rate (FHR)

<table>
<thead>
<tr>
<th>FHR bpm</th>
<th>Abnormal FHR (continuous FHR more than 180 bpm)</th>
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<tbody>
<tr>
<td>180</td>
<td>Suspect fetal distress and/or maternal infection: Pulse, BP, Temp  <em>(fever: page 13)</em></td>
</tr>
<tr>
<td></td>
<td>Intrauterine resuscitation*, FHR every 15 min</td>
</tr>
<tr>
<td></td>
<td>If no improvement after 1 hr: Immediate birth by vacuum extraction or CS <em>(pages 16, 20)</em></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FHR bpm</th>
<th>Borderline FHR (continuous FHR 161-180 bpm)</th>
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<tbody>
<tr>
<td>170</td>
<td>Assess Pulse, BP, Temp  Intrauterine resuscitation*  FHR every 15 min</td>
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</table>

<table>
<thead>
<tr>
<th>FHR bpm</th>
<th>Normal FHR (FHR 120-160 bpm)</th>
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<tbody>
<tr>
<td>150</td>
<td>First stage of active labour: FHR every 30 min <em>(every 1 hr as a minimum)</em></td>
</tr>
<tr>
<td>140</td>
<td>Second stage: FHR every 15 min when descending to pelvic floor  FHR at the end of every contraction when pushing</td>
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<table>
<thead>
<tr>
<th>FHR bpm</th>
<th>Borderline FHR (FHR 100-119 bpm)</th>
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<tbody>
<tr>
<td>110</td>
<td>Intrauterine resuscitation*  FHR every 15 min</td>
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</table>

<table>
<thead>
<tr>
<th>FHR bpm</th>
<th>Fetal distress (FHR less than 100 bpm)</th>
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<tbody>
<tr>
<td>90</td>
<td>Intrauterine resuscitation*</td>
</tr>
<tr>
<td>80</td>
<td>After 5 min: If FHR still below 100 bpm: Immediate birth by vacuum extraction or CS <em>(pages 16, 20)</em></td>
</tr>
<tr>
<td>70</td>
<td>If FHR not heard, quickly confirm absent FHR**</td>
</tr>
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</table>

⚠️ *Pushing is the most dangerous time for baby: FHR at the end of each contraction*
LIQUOR (amniotic fluid)

Clear (C)
Reassuring.
No specific actions to be taken.

Meconium, thin or thick (M)
Can be a sign of fetal distress:
- Assess FHR every 15-30 min

⚠️ At birth with meconium:
Immediate suction of mouth and nose if signs of obstruction or weak baby. Do not suction if baby is nicely crying or breathing

Vaginal bleeding (B)
See page 18.

⚠️ No PV before placenta praevia is ruled out (by ultrasound, or in theatre where CS can quickly be performed)

* INTRAUTERINE RESUSCITATION
- Woman to lie on left side
  *(if no improvement, then right side)*
- Stop oxytocin if administered
- Assess Pulse, BP, FHR, PV, Temp
- Start IV Normal Saline
- Reassess FHR after 5 min

⚠️ Always ensure that it is FHR and not maternal pulse, by checking FHR and maternal pulse at the same time

** FHR NOT HEARD

Confirmation of absent FHR:
Ask colleague to reassess FHR (with Doppler) and perform ultrasound

If confirmed intrauterine fetal death, plan for vaginal birth:
- Induce or augment if necessary *(page 17)*, or await spontaneous labour
- Craniotomy *(if obstructed labour in second stage)*
- Observe for signs of infection and treat *(page 13)*
- Provide emotional support *(page 2)*

⚠️ CS after fetal death is dangerous for the mother, and must only be performed as last option OR if 2 or more previous CSs OR if severe maternal compromise (for example uterine rupture, page 14)
ACTIVE FIRST STAGE OF LABOUR (Cervix 4-5 cm or more AND regular painful contractions)

⚠️ **Cervical dilatation progresses in different speeds in uncomplicated births.** But 95% of all women with uncomplicated birth dilate from 5 to 10 cm within 11 hrs

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**Uncomplicated progress**
- Routine assessments
- caring support
- (page 2-8)
- Next PV after 4 hrs or if full dilatation is anticipated

**Early detection of potentially slow progress**
- Assess 5 Ps*
  - (ARM**, urination, fluid and food, ambulation or upright position, caring and close support)
- Action line
  - Oxytocin not indicated before action line
- Next PV after 2-4 hrs

**Poor progress**
- Alert line
  - Assess 5 Ps*
  - If not strong contractions 1 hr after ARM, urination and other measures
  - Start **Oxytocin (page 17)**
  - PV every 2 hrs
- Decision on CS if any of:
  1. Progressive signs of obstruction (no further dilatation and descent, moulding +++ and positive FHR)
  2. No progress after 4 hrs oxytocin
  3. Fetal or maternal compromise

---

* 5 Ps - why poor progress?

**Power:** If less than 4 strong contractions per 10 min, enhance labour: ARM**, Oral fluid and food intake, Ambulation (upright position), Oxytocin (page 17)

**Passenger:** Consider: malposition, malpresentation, fetal weight (large baby?)

**Pass urine:** Encourage spontaneous emptying every 2 hrs (catheterize as last resort)

**Psyche:** Reduce anxiety (page 2)

**Pelvis:** Consider if the woman has severely contracted pelvis.

⚠️ **True cephalopelvic disproportion (CPD) is only rarely the cause of slow labour progress**

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SECOND STAGE OF LABOUR (Cervix fully dilated)

Duration less than 1 hr AND Pushing less than 30 min
Caring and continuous support
ARM if membranes still intact**
Encourage mother to choose position (eg lateral recumbent)

Duration 1-2 hrs OR Pushing 30-60 min
Exclude malposition
If presenting part not visible at vulva, consider 5 Ps* and oxytocin augmentation (page 17)
PV every 15-30 min

Duration more than 2-3 hrs OR Pushing more than 1-1½ hr OR signs of fetal distress
⚠️ For nulliparous, normal second stage can last up to 3 hrs
Vacuum extraction if possible (page 20). CS as last resort.

⚠️ Oxytocin augmentation causes risks of uterine hyperstimulation, uterine rupture and fetal distress. Therefore, oxytocin augmentation must only be started when indicated (page 17)

⚠️ Pushing is the most dangerous time for the baby. Therefore, delay pushing until the woman feels urge to push OR head is on pelvic floor OR fully dilated for 1-2 hrs.

** ARM

1. Ensure fetal head engaged in pelvis (to avoid umbilical cord prolapse)
2. On back, legs bent, feet together, knees apart
3. Place two fingers against membranes and GENTLY rupture membranes with clamp
4. After rupture, fingers remain in place (umbilical cord prolapse?)
5. Remove fingers slowly, note colour of liquor (page 10)
6. Assess FHR after contraction

⚠️ ARM should also be performed in HIV-positive women when action line is crossed
## SEVERE Hypertension / Pre-eclampsia*:

**Medication (SLOWLY) (use specific treatment sheet):**
- Antihypertensive** AND Anticonvulsant***

**Strict fluid balance:** ⚠️ *Risk of pulmonary edema*
- Restrictive IV fluid, catheterize bladder (intake-output)
- Full blood count, liver and renal tests, proteinuria
- If urine output less than 30mL/hr: Stop Magnesium Sulphate. Start IV Normal Saline OR Ringer Lactate

**Plan for delivery within 12-24 hrs of ADMISSION:**
- Vaginal birth is preferable *(page 17)*
- If preterm *(below 34 weeks)*, see page 9

**Assess every 30 min (use specific observation sheet):**
- Pulse, BP, RR, Temp, FHR, GCS, signs of organ failure or Magnesium Sulphate toxicity*** *(assess lungs, urine output, urine dipstick, patellar reflexes)*

⚠️ *Consider referral if woman is stable*

## MILD-MODERATE Hypertension / Pre-eclampsia*:

- Assess lungs, urine output, proteinuria, patellar reflexes
- Pulse and BP every hr
- FHR every 30 min

⚠️ *Pre-eclampsia can worsen after birth. BP must be monitored regularly for at least 48 hrs postpartum. Consider ORAL antihypertensives for 3-6 days postpartum*

### Convulsions OR unconsciousness

⚠️ *Convulsions or unconsciousness are always treated as eclampsia until other diagnosis is confirmed*

1. CALL FOR HELP
2. Airway and Breathing
3. Position on left side and protect from injuries
4. Insert IV lines
5. Magnesium Sulphate SLOWLY**
6. Oxygen if available *(mask or nasal)*

Additional management as for severe hypertensive disorders, but **plan for birth within 12 hrs** irrespective of gestational age
**DIAGNOSING PRE-ECLAMPSIA**

**MILD-MODERATE pre-eclampsia:**
Hypertension on 2 consecutive readings AND
Proteinuria 2+ or more (dipstick)

**SEVERE pre-eclampsia:**
Pre-eclampsia (as above) AND
Severe hypertension or signs of organ failure:
Persistent severe headache, blurred vision, persistent upper abdominal pain, urine less than 30 ml/hr, breathlessness, renal or liver impairment

**FAST ACTING ANTIHYPERTENSIVES**

**HYDRAZZINE:**
Dose: IV 5 mg bolus SLOWLY over 5 min
Repeat: Every 20 min until SBP below 160 mmHg
Maximum dose: 20 mg per 24 hrs

**NIFEDIPINE:**
(if Hydralazine not effective or not available)
Dose: Oral or sublingual Nifedipine 10 mg
Repeat: Every 30 min until SBP below 160 mmHg
Maximum dose: 30 mg per 24 hrs

⚠️ Antihypertensives may cause low BP and fetal distress (DBP must stay above 80mmHg)

---

**ANTICONVULSANT**

**MAGNESIUM SULPHATE:**

**Loading dose:**
1. IV 4g (20mL of 20% solution) SLOWLY over 10 min
   (mix 8mL 50% solution with 12mL Normal Saline or water for injection)
2. IM 10g 50% solution AND 2mL 2% Lignocaine in same syringe: 5g in each buttock

**Maintenance dose and duration:**
IM 5g AND 1mL 2% Lignocaine every 4 hrs, in alternate buttocks. Continue dose for 24 HRS AFTER BIRTH OR LAST CONVULSION, whichever occurs last

If convulsions while on maintenance dose:
IV 2 g magnesium sulphate in 100mL Normal Saline SLOWLY over 10 min (IV Diazepam 5-10mg as last resort)

**Check for signs of toxicity before each dose:**
- Patellar reflexes diminished or absent
- RR less than 12 breaths per min
- Urinary output less than 30mL per hr increases risk of Magnesium Sulphate toxicity

**In case of toxicity:** Stop Magnesium Sulphate. IV Calcium Gluconate 1g (10 mL of 10% solution) over 3 min (immediately if heart arrest). Bag-mask ventilation if necessary.

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* PART 2 Decision support © 2022 The PartoMa Project, Dar es Salaam 12
LOW BP OR LOW/HIGH PULSE RATE, SHOCK

- Systolic BP less than 100 mmHg
- Pulse more than 110 bpm
- Pulse less than 60 bpm
- Pulse 100-110 bpm or FHR more than 160 bpm

Immediate danger signs: ⚠️ CALL for HELP!
- Systolic BP less than 90 mmHg (SHOCK)
- Unconscious Convulsions, severe bleeding, sepsis*
- Cardiac arrest: CARDIAC MASSAGE, VENTILATION, DEFIBRILLATION (resuscitative CS)

Stabilizing care (Airway, Breathing, Circulation)

Stop bleeding if any

Oxygen (by mask or nasal cannulae)

Elevate legs

Vital signs every 15 min: Pulse, BP, RR, temp, vaginal blood loss, FHR, urine output

Collect blood: Hemoglobin, blood group, cross-match, clotting-test, blood glucose

2 IV lines (grey or orange cannula): IV Normal Saline or Ringer’s Lactate 2L in 20-40 min

Catheterize bladder (fluid intake-output; urine output should stay above 30ml per hr)

Find and manage cause:
1. Bleeding (APH or PPH: page 14-15)
2. Magnesium Sulphate toxicity (page 8)
3. Sepsis*
4. Trauma
5. Cardiac
6. Other

Consider maternal infection OR dehydration OR bleeding?
- Pulse, BP, RR, Temp, FHR every 15-30 min
- PV (blood loss, foul smelling vaginal discharge, membranes ruptured, dilatation)
- Uterine pain? - Sufficient fluid intake?

⚠️ If convulsions, start magnesium sulphate (page 12)
Start broad spectrum intravenous antibiotics until birth, for example *(if not allergic)*:
- IV Ceftriaxone 1g once daily **AND** IV Gentamicin 5 mg per kg once daily **AND**
- IV Metronidazole 1.5 g once daily

**Tablet Paracetamol** 1 gram every 6 hrs *(to lower the temperature)*

**Ensure hydration** *(consider need for IV Normal Saline or Ringer’s Lactate)*

**Pulse, BP, RR, FHR every 15-30 min. Temp hourly**

**Consider diagnosis and order relevant tests:** *(adjust treatment accordingly)*
- For example: Foul-smelling watery discharge, uterine tenderness *(chorioamnionitis)*
- Urinary dipstick testing *(UTI)*, Flank pain *(Acute pyelonephritis)*,
- Auscultation of lungs *(Pneumonia)*, Malaria, Sepsis*

**Plan for birth within 12 hrs:** Induce or augment if necessary *(page 17)*

---

**HIGH TEMPERATURE DURING CHILDBIRTH (fever)**

**Temp 38°C or more**

⚠️ **Chorioamnionitis** causes risk of neonatal sepsis and maternal death

**Start broad spectrum intravenous antibiotics until birth**, for example *(if not allergic)*:
- IV Ceftriaxone 1g once daily **AND** IV Gentamicin 5 mg per kg once daily **AND**
- IV Metronidazole 1.5 g once daily

**Tablet Paracetamol** 1 gram every 6 hrs *(to lower the temperature)*

**Ensure hydration** *(consider need for IV Normal Saline or Ringer’s Lactate)*

**Pulse, BP, RR, FHR every 15-30 min. Temp hourly**

**Consider diagnosis and order relevant tests:** *(adjust treatment accordingly)*
- For example: Foul-smelling watery discharge, uterine tenderness *(chorioamnionitis)*
- Urinary dipstick testing *(UTI)*, Flank pain *(Acute pyelonephritis)*,
- Auscultation of lungs *(Pneumonia)*, Malaria, Sepsis*

**Plan for birth within 12 hrs:** Induce or augment if necessary *(page 17)*

---

**MATERIAL SEPSIS**

⚠️ **Call for HELP and consider referral to the Intensive Care Unit**

**Symptoms:**  
- Slurred speech or confusion, Extreme shivering or muscle pain *(fever)*, Passing NO urine all day, Severe breathlessness, It feels like dying, Skin mottled or discoloured

**Management:**  
- Stabilizing care: **Airway** *(oxygen)*, **Breathing**, **Circulation**
- IMMEDIATE identification of the cause *(remember blood cultures)*
- IMMEDIATE treatment of infection *(broad spectrum IV antibiotics)*
- IV lines *(wide bore cannula)*: IV Normal Saline or Ringer’s Lactate 2L in 20-40 min
- Catheterize bladder *(fluid intake-output)*
- Every 15 min: Pulse, BP, RR, FHR
BLEEDING IN LATE PREGNANCY OR DURING CHILBIRTH

1. Check maternal vital signs: Pulse, BP, Temp
   
   See page 13 if:
   - Systolic BP less than 100 mmHg OR
   - Pulse less than 60 bpm OR
   - Pulse more than 110 bpm

2. Blood type, X-match, hemoglobin
   
   Consider if full blood picture is needed

3. Determine the cause and manage accordingly*
   
   - Blood volume?
     (if heavy bleeding, see also page 13)
   - Pain?
   - FHR?
   - Ultrasound to rule out placenta praevia

   □ No digital vaginal exam before placenta praevia is ruled out (by ultrasound or gentle speculum exam)

4. Measure blood loss and replace accordingly:
   
   2-3 times estimated blood loss

   □ Early blood replacement saves life

   □ Consider need for referral if woman is stable

"APH causes increased risk of PPH"
**PLACENTAL ABRUPTION**
(placenta separates too early)

Common symptoms:
- Vaginal bleeding
  *(might be hidden in uterus)*
- Intermittent or constant abdominal pain
- Tender uterus
- Low/absent FHR

Moderate-heavy bleeding OR fetal distress:
DELIVER IMMEDIATELY by vacuum extraction *(page 20)*, otherwise CS

Mild bleeding AND normal FHR:
Vaginal birth within 12 hrs
ARM if membranes intact
FHR every 15-30 min
Augment if necessary *(page 17)*, or consider CS

**PLACENTA PRAEVIA**
(placenta covers internal os of cervix)

Common symptoms:
- Bleeding
- No pain
- Relaxed uterus
- Foetus not in pelvis, malpresentation
- Fetal condition may be normal

If 37 weeks gestation or more OR heavy bleeding:
DELIVER IMMEDIATELY

If preterm AND mild bleeding AND normal FHR:
Expectant management, admitted in hospital with close observation

**RUPTURED UTERUS**

Common early symptoms:
- Low/absent FHR
- High maternal pulse *(might bleed in peritoneal cavity)*
- Blood in urine
- Tender abdomen
- Vaginal bleeding

Common late symptoms:
- Abdominal distension *(free fluid)*
- Abnormal shape of uterus
- Loss of station *(fetal head goes up)*
- Fetal parts easily felt
- Shock

Resuscitate and restore blood volume:
Crystalloids 2-3 litres fast

THEATRE IMMEDIATELY:
Laparotomy *(delivery baby, uterine repair or hysterectomy)*
BLEEDING AFTER BIRTH (exceeding 500 ml, or less if severe anaemia)

⚠️ Stop bleeding while calling for help

1 PERSON AT UTERUS:
- Rub-up contraction by CONTINUAL UTERUS MASSAGE
- Catheterise bladder (leave catheter in place)
- If uterus still atonic, apply BIMANUAL COMPRESSION or aortic compression.**
- Review bleeding cause by the 4 Ts* (consider intrauterine palpation)
- If bleeding continues: Transfer early to theater (with bimanual or aortic compression)**

Examination under anaesthesia: remove retained placental parts, suture tears, balloon tamponade, laparotomy

1 PERSON AT HEAD:
- Lie woman flat
- Check airway and breathing
- Give oxygen if available
- Talk to woman, reassure

1 PERSON AT ARMS:
- At least 2 IV lines (large bore cannula into each elbow pit)
- Blood group and crossmatch, and order at least 2 units of whole blood
- Start IV-fluids immediately (2L Normal Saline or Ringer’s Lactate)
- Give 3 drugs at once (not in sequence):
  - **IV Oxytocin** 20 IU in 500 ml Normal Saline, 250 ml per hr
  - **IV Tranexamic acid** 1 gram slowly (can be repeated after 30 min)
  - **Rectal Misoprostol** 800 microgram
- Check pulse, BP
- Blood transfusion AND IV fluids if blood loss 1 L or more
- If still bleeding, and BP below 140/90 mmHg, give bolus of
  - **IV Ergometrine** 0.2 mg SLOWLY (can be repeated after 15 min)
** 4 Ts - WHY PPH?**

**TONE:**
Atony of uterus is the most common cause

**TISSUE:**
Is placenta complete?
Always do intrauterine palpation if bleeding exceeds 1000 ml and continues

**TRAUMA:**
Tears or episiotomy (page 21), ruptured uterus

**THROMBIN:**
Coagulation problems secondary to severe bleeding

* Intrauterine palpation, manual removal of placenta

⚠️ After bleeding stops: 24 hrs of close observation

**BIMANUAL AND AORTIC COMPRESSION**

⚠️ Keep compression until bleeding stops

- Bimanual compression
- Aortic compression at umbilical level

⚠️ Palpate femoral pulse to assess effect of aortic compression: Femoral pulse must disappear

PART 2 Decision support

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BENEFITS AND RISKS OF CS

In sub-Saharan Africa, around 1% of women and 10% of babies die during or after CS, and CS causes increased risks in next pregnancy.

If FOETAL DISTRESS: See page 10

CS after fetal death must only be performed as last option. Check FHR just before starting surgery.

If PROLONGED LABOUR: See page 11

True cephalopelvic disproportion (CPD) is diagnosed by trial of labour and is a rare condition.

Alternatives to other common indications for CS:

<table>
<thead>
<tr>
<th>Requirements</th>
<th>VBAC (trial of scar)</th>
<th>Vaginal breech birth</th>
<th>Vacuum extraction</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Only 1 previous low segment CS AND no previous uterine rupture AND current pregnancy singleton, cephalic presentation AND surveillance possible every 15-30 min</td>
<td>Previous vaginal birth AND no previous caesarean section AND no footling breech AND estimated birthweight below 4 kilogram</td>
<td>Cervix fully dilated AND vertex presentation (membranes ruptured) AND fetal head at or below ischial spines AND gestational age 34 weeks or more</td>
</tr>
<tr>
<td>Management</td>
<td>Due to risk of scar rupture: 2 IV lines, urinary catheter, FHR every 15-30 min, NO Prostaglandin or Oxytocin ▶ CS if continuous scar pain, fetal distress, poor progress</td>
<td>See page 18</td>
<td>See page 20</td>
</tr>
</tbody>
</table>
If fetal or maternal compromise:  
**30 minutes**
(for example fetal distress, cord prolapse with FHR present, severe bleeding)

If no maternal or fetal compromise, but early birth is needed:  
**75 minutes**
(for example poor progress of labour, 2 or more previous CSs, placenta praevia without heavy bleeding)

**Benefits and risks**

| VBAC is safer for both mother and child than CS (only when requirements above are met) |
| Vaginal breech birth is safer for both mother and child than CS (only when requirements above are met) |
| Vacuum extraction is safer for both mother and child than CS (only when requirements above are met) |

In high-income countries, the risk of uterine rupture is less than 1%, and between 20%-40% of the women end up with emergency CS.

In high-income countries, 1-2 more babies die during or after vaginal breech delivery compared to CS. But this is not comparable to sub-Saharan Africa where the risk of death during or after CS is around 100-fold higher for the mother and 50-fold higher for the baby.

Compared with CS in second stage, vacuum extraction causes shorter time between decision and birth and lower risk of infection and bleeding. Therefore, vacuum extraction is associated with lower rates of birth asphyxia, stillbirths and maternal complications.

**MAXIMUM TIME FROM DECISION TO BIRTH BY CS**

| Benefits and risks |
| VBAC is safer for both mother and child than CS (only when requirements above are met) |
| Vaginal breech birth is safer for both mother and child than CS (only when requirements above are met) |
| Vacuum extraction is safer for both mother and child than CS (only when requirements above are met) |

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**PART 2 Decision support**
INDUCTION OF Labour
(artificial stimulation of uterus to start labour)

**Indication:**
Birth needed soon.
For example due to PROM (page 9), Intrauterine fetal death (page 10), Severe pre-eclampsia (page 12), Postdate (more than 42 weeks)

⚠ Always keep mother ready for CS during induction

**Contra-indications:**
Do not use Prostaglandin if: previous CS OR parity 5 or more
OR antepartum haemorrhage
Do not use Balloon catheter or vaginal misoprostol if: antepartum haemorrhage OR PROM OR obvious vaginal infection

<table>
<thead>
<tr>
<th>Cervix:</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dilatation (cm)</td>
<td>Closed</td>
<td>1-2</td>
<td>3-4</td>
<td>5 or more</td>
</tr>
<tr>
<td>Length (cm)</td>
<td>5 or more</td>
<td>3-4</td>
<td>1-2</td>
<td>Less than 1</td>
</tr>
<tr>
<td>Consistency</td>
<td>Firm</td>
<td>Average</td>
<td>Soft</td>
<td>Effaced</td>
</tr>
<tr>
<td>Position</td>
<td>Posterior</td>
<td>Mid</td>
<td>Anterior</td>
<td>Effaced</td>
</tr>
</tbody>
</table>

Examine cervix and calculate Bishop score:

Score 5 or less (cervix unfavourable):
Induce by misoprostol OR Balloon

Score 6 or more (cervix favourable):
ARM if possible and oxytocin (see below)

OXYTOCIN AUGMENTATION OF Labour
(artificial stimulation of uterus after onset of labour to increase frequency, duration and intensity of contractions)

**Indications (all 3 must be met):**
1. No previous scar
2. Less than 4 contractions per 10 min, each lasting less than 40 sec.
3. Labour truly prolonged, other options tried (page 11):
   - Active first stage: Action line crossed AND membranes ruptured for at least 1 hr
   - Second stage: 1-2 hr or more OR pushing 30-60 min

⚠ Oxytocin augmentation causes risk of uterine hyperstimulation, uterine rupture and fetal distress (intrapartum stillbirth, neonatal death and low Apgar score). Therefore, oxytocin augmentation must only be started when indicated (page 10) and titrated carefully. Oxytocin augmentation must NEVER be given as IV or IM bolus
Oxytocin should always be labelled and documented with time, dose, and drop rate.

**Dose:** Oral Misoprostol 25µg 2 hourly for 24 hrs OR PV Misoprostol 25µg 6 hourly for 24 hrs OR PV Dinoprostone PV 3mg 6 hourly to a total of 2 doses.

Every 1 hr: FHR and contractions

**PV before each dose:**
If score 5 or less: Repeat Prostaglandin
If score 6 or more OR membranes ruptured: Stop Prostaglandin and consider Oxytocin

Oxytocin should be started no earlier than 4 hrs after the last dose of prostaglandine

If no progress after 24 hrs of Misoprostol or 12 hrs of Dinoprostone: If birth needed fast, consider CS. Otherwise, repeat prostaglandine for 12 hrs (immediately or the following day)

**Prostaglandin**

**Oxytocin augmentation**

Oxytocin should always be labelled and documented with time, dose, and drop rate.

**Start dose:**
- Nullipara: IV Oxytocin 5.0 IU in 500 ml Normal Saline or Ringer’s Lactate, 10 drops per min
- Multipara: IV Oxytocin 2.5 IU in 500 ml Normal Saline or Ringer’s Lactate, 10 drops per min

Every 20-30 min:
- Assess FHR, contractions, oxytocin drops per min
- Increase by 5-10 drops per min until 4 contractions in 10 min, each lasting 40 sec or more. Maintain this rate until birth.

Maximum 60 drops per min.

**Stop oxytocin:** If more than 5 contractions in 10 min

**Relaxed uterus**

Reduced blood flow

**Contracted uterus**
VAGINAL BREECH BIRTH

Recommended if:
- Previous vaginal birth AND
- No previous caesarean section AND
- No footling breech AND
- Estimated birthweight below 4 kilogram AND
- A health provider experienced with the procedure present

Management of first stage of labour:
Routine management as for cephalic presentation (page 3), but FHR every 30 min.
Avoid Oxytocin augmentation in first stage of labour. If action line is crossed (page 10), decide on CS.

Management of second stage of labour:*
⚠️ Maximum 2 hrs duration of second stage (maximum 1 hr of pushing)

1. **Oxytocin augmentation should be ready** if contractions not strong in second stage (page 7)
2. **Buttocks deliver spontaneously (hands off)**
3. If legs not delivered spontaneously, deliver one leg at a time: Push behind knee to bend leg, grasp ankle, deliver foot and leg.
4. **Hold baby by the hips** with thumbs along spine. Do not pull. No pressing on abdomen.
5. **Allow arms to disengage spontaneously** one by one. After first arm, lift baby's belly towards mother’s belly to enable second arm to deliver.
6. **Let the head descend to pelvic floor for maximum 30 seconds** before assisting delivery of the head.
7. **Deliver head:** Lay baby's face down with length of its body over your hand and arm. Place fingers on baby’s cheekbones to **flex head**. Fingers of the other hand help to flex head from the occiput. Raise baby, until mouth and nose are free.
**VAGINAL BREECH BIRTH - OBSTETRIC MANEUVERS**

1. **HANDS OFF**
   - Buttocks deliver spontaneously

2. **BACK STAYS**
   - Anterior must be ensured

3. **DO NOT PULL**
   - Baby while legs are delivered

4. **FLEX HEAD**
   - And raise baby

---

**PART 3 Procedures**

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Birth of first baby

If first twin in cephalic presentation:
Allow labour and birth to progress as for a single baby in cephalic presentation (page 3 and 4)

If first twin in breech presentation:
Allow labour and birth to progress as for a single baby in breech presentation (page 18). The small but severe risk of interlocking heads must be kept in mind

If first twin in transverse lie: Perform CS

⚠️ Women with twin pregnancies have increased risks of obstetric complications, such as pre-eclampsia (page 12) and PPH (page 15)

Birth of second baby (or additional babies)

1. Immediately after first baby is born:
   - Palpate abdomen to determine lie
   - If tranverse, correct to longitudinal lie by hands on abdomen
   - Assistant holds baby in position until birth
   - Check FHR

2. Leave clamp on mother's end of umbilical cord
   ⚠️ Do not deliver placenta until last baby is born

3. PV to assess if:
   - Cord prolapsed?
   - Presentation? If breech, vaginal breech delivery (page 18)
   - Membranes ruptured? ARM if membranes are intact and presenting part well engaged (page 11)

3. If contractions not strong: Start oxytocin augmentation, with rapid titration (page 17)

4. FHR at the end of each contraction

⚠️ If immediate birth needed: Internal podalic version*, or vacuum extraction (page 20). CS is last option and should be done IMMEDIATELY
** IMMEDIATELY AFTER BIRTH OF FIRST TWIN **

Start pushing when baby's presenting part is well engaged

---

** INTERNAL PODALIC VERSION **

Wear sterile gloves. Insert a hand into the uterus and grasp the baby’s foot.

Gently rotate the baby down

Proceed with breech extraction *(page 20)*
VACUUM EXTRACTION

Most important indications:
Fetal distress in second stage (page 10)
Poor progress in second stage (page 11)
Severe hypertension in second stage (page 12)
Maternal exhaustion

⚠️ If the procedure is not possible or fails, CS should be performed IMMEDIATELY

The A-J approach to vacuum extraction:

A  Ask for help
   Address the woman
   *(inform that you need patient to cooperate and keep pushing when there is contraction)*
   Abdominal Palpation *(descent of head)*

B  Bladder is empty?

C  Cervix must be fully dilated
   Contractions are needed *(Oxytocin needed? Page 17)*

D  Determine position of the head assess Descent
   *(locate the posterior triangular fontanel)*

E  Equipment ready?
   *(delivery tray, towels, neonatal resuscitator, vacuum extractor)*

F  Flexion point* must be located
   Feel for vaginal tissue between cup and fetal skull to avoid perineal trauma *(before and after suction)*

G  Gentle, steady traction during contractions**

H  HALT traction between contractions
   HALT and STOP if:
   - 3 pop-offs
   - 3 pulls with no progress
   - After 20 min of use

I  Intact perineum! Protect perineum with one hand when head is delivered.
   During last contraction: Hold back head with the other hand, and ask mother to push gently

J  When reachable Jaw: Release vacuum, remove cup

Required beforehand:
1. Cervix fully dilated
2. Vertex presentation, membranes ruptured
3. Fetal head **at or below** ischial spines *(PV: stations 0, +1, +2, +3. Abdominal: levels 2/5, 1/5, 0/5)*
4. Gestational age 34 weeks or more
5. Birth attendant trained in vacuum extraction

---

Required beforehand:
1. Cervix fully dilated
2. Vertex presentation, membranes ruptured
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4. Gestational age 34 weeks or more
Birth attendant trained in vacuum extraction

* FLEXION POINT
Place the edge of the cup at the tip of the posterior triangular fontanel.

⚠️ To avoid perineal trauma and minor trauma to the head of the baby: Feel for vaginal tissue between cup and fetal skull, and protect perineum

** TRACTION
Axis for traction changes according to the pelvic curve.

⚠️ Gentle, steady traction during contractions. No rocking pulls

For first contractions downward traction. During following contractions more upward.

One hand protects perineum while completing birth.

During last contraction, ask mother to push gently and hold back baby's head with other hand.
HELPERR mnemonic*

**H** Call for **HELP!** Always at least 3 health providers

**E** Evaluate if episiotomy is needed

**L** Legs up* (McRoberts: 2 people push flexed knees firmly onto chest by flexion of hips)

**P** Suprapubic **Pressure** downwards to assist extraction of baby’s shoulder

**E** Enter vagina and do rotational maneuvers:*  
- apply pressure to baby’s anterior shoulder in direction of sternum  
- if not working, apply pressure to baby’s posterior shoulder in direction of sternum

**R** Remove the baby’s posterior arm*  
- grasp arm at humerus, keep arm flexed at elbow and sweep arm across baby’s chest

**R** Roll patient to her hands and knees and repeat **E** and **R**

⚠️ *Do not apply fundal pressure. This will further impact the shoulder*
**SHOULDER DYSTOCIA - OBSTETRIC MANEUVERS**

**L-P. Legs up and suprapubic**

**E. Rotational maneuvers**

**R. Remove baby’s posterior arm**

**R. Roll woman to her hands and knees and repeat**
GUARDING AND REPAIR OF PERINEUM

⚠️ An unrepaired or poorly repaired tear can lead to bleeding, anaemia, abscess formation, wound breakdown, loss of control over bowel movements and gas, and rectovaginal fistula. Therefore, ALWAYS guard perineum, inspect vagina/perineum/cervix routinely after birth, and carefully repair perineal tears.

ANATOMY

GUARDING PERINEUM

ALWAYS guard perineum

Fingers of one hand support perineum, while second hand applies pressure to fetal head to control speed of crowning (ask mother to stop pushing and breathe the head out).

⚠️ ONLY perform episiotomy when a too tight perineum prevents head to come after several pushes.
REPAIR OF PERINEAL TEARS

Examination and classification
- Ensure good lightening and suitable position of the woman (the entire genital tract must be visualized)
- Classify perineal tear (place a gloved finger in the anus: feel for tone or tightness of the sphincter, and look for protrusion of the finger into vagina)

1st degree
Skin torn, muscles intact

2nd degree and episiotomy
Superficial perineal muscles torn

3rd-4th degree
Both superficial perineal muscles and anal sphincter torn. It is 4th degree if tear in rectal mucosa
⚠️ All 3rd-4th degree sutures must be supervised by a specialist doctor and preferably in operating theater

Suturing
- Use absorbable sutures 2-0 (3-0 for rectal mucosa). Needle size depends on tissue thickness.
- Only provide antibiotic prophylaxis for 3rd-4th degree tears

Vaginal mucosa
Start inside above apex, continue to vaginal opening

Superficial perineal muscles
2-4 interrupted sutures

Anal sphincter
Insert finger into the rectum to locate the 2 muscle ends and use tissue forceps to grasp. 2-4 interrupted sutures
CALL for HELP! Always be at least two health providers

For bag-mask ventilation, position of the head is slightly extended to open airway (if too extended, airway will not be open). If heart rate is increasing, bag-mask ventilation is working.
How is the mother? Mothers of asphyxiated babies are at increased risk of PPH (page 19)

- Consider referral after successful resuscitation (to higher level hospital with neonatal intensive care unit)
- After successful resuscitation, the baby is at risk of hypothermia and hypoglycemia. Therefore, skin-to-skin with mother, and assure good breastfeeding (if not, give cup-feeding or insert nasogastric tube)
**Guidelines co-creation team:** Zainab Suleiman Muniro, Rukia Juma Msumi, Mary Mlay, Nathanael Mtinangi, Sangalala Mtingele, Ntoli Lufingo Mwakibete, Christina Mwandalima, Idrissa Kabanda, Marwa Matokore, Joyce Lema, Happy Kimbawala, Luzango Maembe, Ester Hyera, Shilwa B. Mwasako, Beauty Mwambebule, Luciana Chamwi, Aisha Seleman, Irene Felix Shayo, Brenda Sequeira Dmello, Natasha Housseine, Thomas John, Monica Kujabi, Nanna Maaløe, Columba Mbekenga, Tarek Meguid, Eunice Pallangyo, Thomas van den Akker, Jos van Roosmalen, Hussein Kidanto.

**Editors:** Nanna Maaløe and Natasha Housseine.

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**References:** To create the PartoMa guidelines, the World Health Organization’s 'Managing complications in pregnancy and childbirth: a guide for midwives and doctors' (2017) and 'WHO recommendations: intrapartum care for a positive childbirth experience' (2018) were adapted. They were thoroughly supplemented by other clinical guidelines and evidence reviews, including the 'Standard treatment guidelines and national essential medicines list for Tanzania mainland' (2021). Based on a situational analysis conducted in Dar es Salaam of provided and experienced quality of care (2021), the guidelines were further adapted to represent best possible care at Mwananyamala Regional Referral Hospital, Amana Regional Referral Hospital, Temekte Regional Referral Hospital, Sinza Hospital and Mbagala Rangi Tatu Hospital. All references are listed in the 'PartoMa background document', as well as reasoning for and how guidelines have been modified to fit the clinical low-resource contexts. Mnemonics for shoulder dystocia and vacuum extraction are adapted with permission from ALSO guidelines (Copyright: © American Academy of Family Physicians. All Rights Reserved). The Helping Babies Breath Mnemonic is adapted with permission from American Academy of Pediatrics (Copyright: © American Academy of Pediatrics. All Rights Reserved).
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Achievable guidance should be a basic right for health workers holding the lives of others in their hands.