

# Labor Scenarios

## Group 1

Emily, a first time mother-to-be (“primip”) at 38 weeks gestation goes to her health care provider for a regular check-up. She lost 2 pounds in the last week and has lost her mucous plug.

An exam shows that her cervix is 20% effaced and one centimeter dilated. She has been having Braxton-Hicks contractions for the past 3 months. Recent ones are hurting a little bit.

- Is it too early for labor to begin?
- Is it dangerous to lose weight?
- What is the mucous plug?
- What does the exam tell you?
- Are these contractions normal?
- Is she in labor?
- What should she do?

## Group 2

One week before her due date Lupe goes to bed late after cleaning the kitchen and arranging the baby’s room. She sleeps for a while, then gets up to go to the bathroom. When she stands up, she decides that she waited too long because she feels a wet trickle down her leg. She returns to bed after emptying her bladder and sleeps fitfully, waking periodically with cramps. At 6:00 AM she rolls over again, trying to get comfortable, when she realizes the bed is really quite wet.

- What is going on?
- What should she do? When?
- What does she wish she had done to the bed?
- What might she soon be feeling?

By 2:00 that afternoon, Lupe is at her birth location. Her cervix is dilated to 6 cm. and contractions are coming every 4 minutes, lasting for 60 seconds.

- Is this time-frame reasonable?
- How long until the baby is born?
- What might she be doing?
- What might she be feeling?

## Group 3

Jasmine gets up early on Sunday morning because she just can’t sleep. She does pelvic tilts in a warm shower to help her aching back. After breakfast, she goes for a long walk with her partner. When they return home, he gives her a backrub. They decide to go to the movies. After returning home, Jasmine is ready for a nap. When she lies down, she notices that the baby seems to be “all balled up inside.” Then she relaxes and so does the baby. Over the next hour, that same “balling up” feeling happens five more times.

- What might Jasmine be experiencing?
- If she is at 34 weeks gestation, what should she do?
- If she is at 41 weeks gestation, what should she do?

By 7:00 PM, she is at her birth location. Her cervix is dilated to 8 cm. She is having very strong contractions every two minutes that last for 90 seconds.

- What is her mood likely to be?
- What physical symptoms might she be having?
- How long until the baby is born?
- What might her labor partner be doing?