

**Labor, Delivery & Postpartum Study Guide**    **Name** \_\_\_\_\_

1. What is the difference between an obstetrician and midwife in delivering a baby?
2. What are the similarities and differences between the midwife and LD nurse?
3. What does “lightening” have to do with childbirth?
4. Why should a woman understand the differences between False and true labor?
5. What are Braxton-Hicks and should there be concern?
6. What are some delivery considerations a patient can make?
7. What are the 3 main signs of true labor?

8. What are some positive and negative emotions a woman may experience during labor?

9. The stages and phases of labor

	EVENT	cm	TIME
Stage 1			
Phase i			
Phase ii			
Phase iii			
Stage 2			
Stage 3			

10. Describe how the uterus is compared to a balloon,

11. Why is fetal monitoring important?

12. What can be used to help mom begin the labor process?

13. What are the types of anesthesia used and does every woman have to use this?

14. What does an epidural do, how is it administered and when is it given?

15. Which birthing position would be patient be able to do if she was numb from the waist down?

16. Which birthing position would gravity help move baby through birth canal easier?

17. What can be done to help mom deliver her baby and why would it need to be done?

18. Why would it be necessary to have an episiotomy?

19. What is the function of the fontanelle during birth? Why does a baby's shape of head seem elongated at birth and normal a day later?

20. Why is a breech delivery dangerous?

21. List 4 reasons women have a C-Section and why shouldn't a c-section be taken lightly?

22. Can premature labor be stopped?

23. What are some problems premature infants could have?

24. What are some of the medical procedures done to babies right after birth?

25. Why and when is the Apgar test given? What is a good score?

26. List 4 features of a newborn.

27. Describe the capacities of the uterus as an organ during pregnancy and birth.

28. What are afterpains?

29. What is involution?

30. What is lochia?

31. How long does it take for the menstrual cycle to return after birth?

32. Can a woman get pregnant right after having a baby?

33. What are 4 things that generally happen during postpartum?