

Name _____

Date _____

Vaginal Delivery

Status Check

- The following are the five "Cardinal Movements of Labor."
 - Descent
 - Flexion
 - Internal Rotation
 - Extension
 - External Rotation
 - True
 - False
- As the baby's head is delivering, you place your hands on the baby's head in order to:
 - Pull the baby out.
 - Prevent the vulvar trauma associated with a rapid, uncontrolled delivery.
 - Stop the delivery process long enough for you to gather your sterile supplies and instruments.
 - Hold off the delivery long enough that the baby can be the first born in the New Year.
- Once the head is out, place your hands on both sides of the baby's head, in order to:
 - Support the head during the rest of the delivery.
 - Pull down strongly on the head to help the anterior shoulder clear the pubic symphysis.
 - Pull up strongly on the head to help the posterior shoulder clear the introitus.
- As soon as the baby's head is delivered, but before the shoulders are out, the nose and mouth must be vigorously suctioned with a bulb syringe, or the baby may die of suffocation.
 - True
 - False
- Immediate care of the newborn includes which of the following? (Select all that apply)
 - Clear the airway, if obstructed.
 - Dry the baby.
 - Clamp and cut the umbilical cord.
 - Ventilate the baby if it is not breathing.
 - Hold the baby upside down by its feet and slap the buttocks vigorously.
- At 5 minutes, a newborn has characteristics described below. Assign an Apgar Score.

Characteristics:

 - ✓ Heart rate is 120 BPM
 - ✓ When you lift the flexed arms, the baby resists you, and starts screaming loudly.
 - ✓ Undeterred by the baby's persistent wailing, you continue your exam and note the baby's hands are blue, but its' face and chest are pink.

This baby's 5-Minute Apgar Score is _____

APGAR Score			
	Score of 0	Score of 1	Score of 2
Appearance	Blue or pale all over	Blue extremities Body pink	No cyanosis Body and extremities pink
Pulse	Absent	<100	≥100
Grimace	No response to stimulation	Grimace/feeble cry when stimulated	Cry or pull away when stimulated
Activity	None	Some flexion	Flexed arms and legs that resist extension
Respiration	Absent	Weak, irregular gasping	Strong, lusty cry

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Answers

1. A
2. B
3. A
4. B
5. ABCD
6. 9