WHO LABOUR CARE GUIDE

Name **Parity** **Labour onset** **Active labour diagnosis [Date]**

Ruptured membranes [Date Time] **Risk factors**

	Time	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:								
	Hours	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3								
	ALERT	← ACTIVE FIRST STAGE →												← SECOND STAGE →										
SUPPORTIVE CARE	Companion	N																						
	Pain relief	N																						
	Oral fluid	N																						
	Posture	SP																						
BABY	Baseline FHR	<110, ≥160																						
	FHR deceleration	L																						
	Amniotic fluid	M+++, B																						
	Fetal position	P, T																						
	Caput	+++																						
	Moulding	+++																						
WOMAN	Pulse	<60, ≥120																						
	Systolic BP	<80, ≥140																						
	Diastolic BP	≥90																						
	Temperature °C	<35.0, ≥ 37.5																						
	Urine	P++, A++																						
LABOUR PROGRESS	Contractions per 10 min	≤2, >5																						
	Duration of contractions	<20, >60																						
	Cervix [Plot X]	10																						
		9	≥ 2h																					
		8	≥ 2.5h																					
		7	≥ 3h																					
		6	≥ 5h																					
		5	≥ 6h																					
	Descent [Plot O]	5																						
		4																						
		3																						
		2																						
		1																						
		0																						
MEDICATION	Oxytocin (U/L, drops/min)																							
	Medicine																							
	IV fluids																							
SHARED DECISION-MAKING	ASSESSMENT																							
	PLAN																							
	INITIALS																							

In active first stage, plot 'X' to record cervical dilatation. Alert triggered when lag time for current cervical dilatation is exceeded with no progress. In second stage, insert 'P' to indicate when pushing begins.

INSTRUCTIONS: CIRCLE ANY OBSERVATION MEETING THE CRITERIA IN THE 'ALERT' COLUMN, ALERT THE SENIOR MIDWIFE OR DOCTOR AND RECORD THE ASSESSMENT AND ACTION TAKEN.IF LABOUR EXTENDS BEYOND 12H, PLEASE CONTINUE ON A NEW LABOUR CARE GUIDE.

Abbreviations: **Y** – Yes, **N** – No, **D** – Declined, **U** – Unknown, **SP** – Supine, **MO** – Mobile, **E** – Early, **L** – Late, **V** – Variable, **I** – Intact, **C** – Clear, **M** – Meconium, **B** – Blood, **A** – Anterior, **P** – Posterior, **T** – Transverse, **P+** – Protein, **A+** – Acetone