

Immediate Post-Partum Practices

A comparison between Scotland and Switzerland

Definition : The immediate postpartum corresponds to the **two hours following birth**, a period that covers the physiological process of detachment of the placenta, then biological and mechanical hemostasis of normal delivery.

The mother and her newborn are carefully observed and monitored for the first two hours after birth. This monitoring, at least every **15 minutes for the first hour**, is documented by the caregiver who performed it.

At birth →

A baby in good health is : breathing or crying, have good tone and had clear amniotic liquid.

NICE (2017) recommends clamping the umbilical cord between **1 and 5 min** after the baby is born if there are **no signs of life distress**. This is called **delayed cord clamping**. This allows a longer oxygenation of the baby.

	MOTHER	NEWBORN
SWITZERLAND	<ul style="list-style-type: none"> • Complete delivery of the placenta within 30min of delivery before artificial delivery • Integrity of the placenta : membranes complete, 3 blood vessels present, no cotyledons absent • Vaginal bleeding monitoring : considered physiological when it is less than 500ml during vaginal delivery and 1000ml during a caesarean section • Uterus must be contracted at the level of the umbilicus • Hemodynamic monitoring : systolic blood pressure between 120 and 140mmHg, diastolic blood pressure under 90mmHg, pulse between 60 and 80mmHg 	<ul style="list-style-type: none"> • Skin-to-skin contact directly after birth or in the first hour of life is a prevention against hyperthermia in newborns and facilitates breastfeeding. • Breastfeeding: performed within an hour of birth, when the baby is awake and shows signs of hunger. Recommended by WHO • Initial birth assesment : at 1, 5 and 10 minutes following birth (Apar Score) • First examination of the newborn : evaluation of his adaptation, detect eventual abnormalities/deformities • It is recommended that the first examination of the newborn does not take place until at least one hour following the birth. • Bath should be delayed until 24 hours after birth. If this is not possible due to cultural reasons, bathing should be delayed for at least six hours.
SCOTLAND	<ul style="list-style-type: none"> • Delivery of placenta and membranes 30 mins for active management and 1 hour for expectant. • Women are offered an injection of Oxytocin to assist with this. If there is a risk of PPH then Syntometrine will be used. • A fundus check is when the uterus is felt to ensure that it is firm and central, and contracted down to the umbilicus. • The bleeding post-partum is known as lochia and is a combination of mucous, tissue and blood that the uterus sheds as it replaces it's lining. This will be checked regularly to ensure it is minimal. • Wound/stitches: If there is tearing during labour and birth it is repaired using dissolvable stitches and regularly checked to ensure they are healing well, and no infection is arising. • Obs: A full set of observations will be carried out to ensure there is no infections arising and also help to indicate if there are any side effects post labour and birth. This includes temperature, HR, RR, BP. 	<ul style="list-style-type: none"> • Immediately post delivery skin-to-skin contact occurs. This is called the Golden hour. It helps with bonding between mother and baby, regulates temperature and encourages the start of breastfeeding. • Breastfeeding: performed within an hour of birth, when the baby is awake and shows signs of hunger. Recommended by WHO • Initial birth assessment : at 1, 5 and 10 minutes following birth (Apar Score) • Newborn examination: this includes Temperature, HR, RR , length, OFC measurements and weight. • Baby is also offered a Vitamin K injection which helps prevent a rare bleeding disorder called haemorrhagic disease of the newborn. This can be given orally if the parents prefer.

