

Staff Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Perform the following.**

**STAFF INITIALS**



**Sitting on Labor Ball**

- Rocking back and forth while sitting on the labor ball decreases pain, promotes relaxation, opens transverse and anterior-posterior pelvic diameters while facilitating fetal descent.
- For safe use, the patient should always hold onto something in front of her and have a support person sitting behind her.



**The Throne Position**

- The throne position is achieved by completely raising the back of the bed up and lowering the foot section.
- It can be used intermittently with mothers who have epidural anesthesia.
- This upright position makes use of gravity to help the baby descend.
- The mother's weight on her ischial tuberosities helps to open the transverse diameter of the pelvic outlet; the anterior-posterior diameter can also open in this position.



**Throne Position: "C-Curve" with Partner**

- While in the throne position, the mother can lean forward to allow the baby and uterus to fall forward in the abdomen. She can also be directed by the contractions toward the posterior part of the pelvic inlet.
- The mother's back looks like the letter "C." This position can be used with an epidural for 30-45 minutes between side-lying positions.



**Throne Position: "C-Curve" with Labor Ball**

- Using a labor ball is another way to position the mother in a "C-curve." This technique also increases the utero-spinal drive angle while directing the baby toward the posterior part of the pelvic inlet. Place the labor ball on the foot section of the bed and have the mother rock back and forth on the ball.
- This rocking is usually comfortable for the mother and can facilitate descent while being observed on continuous fetal monitoring.
- The smaller ball may be used if the mother is large.

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**Hands and Knees/Fours**

- The hands and knees position decreases back pain and can help to rotate an occiput posterior baby.
- The mother can kneel on the foot section of the bed and lean on pillows placed on the seat section.
- This position can only be used if the patient has not had an epidural, or if the epidural is low-dose and the patient is able to bear weight on her knees.



**Hands and Knees Over Labor Ball**

- Rocking back and forth over the labor ball decreases back pain and can help to rotate an occiput posterior baby.
- This position can only be used if the patient has not had an epidural, or if the epidural is low-dose and the patient is able to bear weight on her knees.



**Kneeling Over Head of the Bed**

- Kneeling is an alternate position for mothers who are unable to use the squatting position, or who experience back pain.
- This position provides easy access to a mother's lower back for massage or hot/cold compresses.
- Constant back pressure can be applied to the sacral area.
- The mother can indicate where to apply the pressure and how hard. If the mother has had an epidural, she should be assessed to determine that she can bear weight on her knees.



**Use of Labor Ball for Epidural Administration**

- The small 52 cm ball may be used in positioning patients for epidural anesthesia administration.
- Have the patient place her cheek or chin on the ball while pushing her spine away from her abdomen.



**Side-Lying with Calf Support**

- Side lying positioning facilitates good fetal-placental circulation.
- When rotated with upright positions it can facilitate fetal rotation and descent. It is a good position to allow the mother to rest.
- The calf support on the birthing bed can be used to support the upper leg.
- The folded pillow on the foot section mattress can support the lower leg.

**Perform the following.**

**STAFF INITIALS**



**Semi-Prone/Side-Lying Lunge**

- By drawing the mother’s upper leg up towards her abdomen and straightening her lower leg, a side-lying lunge can be achieved. This changes the angle of the pelvis and increases pelvic diameters.
- The alteration of side-lying positioning helps rotate a posterior baby. This position can be achieved by pulling the calf support away from the bed or by placing the mother’s leg on pillows.
- Gentle pressure can be placed against the elevated foot to achieve a lunging movement.



**Positioning for Second Stage: Sit/Squat with Labor Bar**

- The use of the upright throne position with the labor bar can facilitate a sit-squat position if the patient has an epidural.
- Inflate the lumbar air pillow to support the patient’s lower back.
- Inflate the seat pillow to provide a firm surface to facilitate the opening of the A-P and transverse diameters of the pelvic outlet.



**Supported Full Squat with Labor Bar**

- If the mother does not have an epidural or has a low-dose epidural that enables her to support herself with her legs, she can get into a full squat position on the foot section of the bed.



**Positioning for Second Stage: Tug of War**

- Using the labor bar with a towel or draw sheet placed around the bar can help the mother push more effectively – particularly if she has epidural anesthesia.
- This “tug of war” pulling effect helps her contract her abdominal muscles.
- The feet can be placed on the bar and the support persons can hold her knees if mother has an epidural.



**Semi-Fowlers with Calf Supports**

- If the mother has an epidural, she can be placed in a high Semi-Fowlers position with her legs in the calf supports to labor down.
- When the baby’s head has crowned and the birth is imminent, the mother can then begin to push.

**Perform the following.**

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**McRobert's Position**

- In the instance of a shoulder dystocia, McRobert's position can be quickly accomplished by placing the mother flat by pulling the CPR lever; and raising the foot section of the bed.
- Place the soles of her feet against the back lip of the calf supports, this will rotate the mother's legs back against her abdomen.



**Shoulder Dystocia Guideline**

**Utilizing features of the Affinity® 4 Birthing Bed**

**H** *Call for help.*

**E** *Eliminate HOB elevation – pull CPR lever.*

**L** *Legs back in McRobert's position.*

Deploy calf supports, positioning the heels of the patients' feet on the back edge of the calf supports.

**P** *Supra-pubic pressure.*

Auto inflate seat pillow or provide firm support beneath the patient's hips in preparation for supra-pubic pressure.

*This information is provided solely to educate caregivers on the use of the Hill-Rom® Affinity® 4 Birthing Bed in conjunction with selected care practices. Hill-Rom does not advocate specific nursing care practices or techniques. The selection and use of perinatal and labor care practices must be made in accordance with good medical and nursing judgment and consistent with facility approved care protocols.*

Gravity-friendly positions help the baby move with gravity, not against it. To move the baby, move the mother!

**For more information, please contact your local Hill-Rom Representative or customer service at 800.445.3730.**

<http://www.hill-rom.com/usa/Products/Category/Hospital-Beds/Affinity-4-Birthing-Bed/>

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