



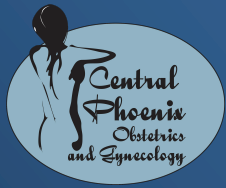
Central Phoenix Ob-Gyn
welcomes you to

Supportive
Pregnancy Care
March 16, 2022



Mindfulness Moment

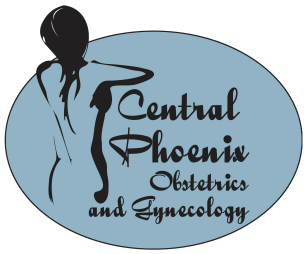




Dr. Sharon Thompson



Lindsay McCall Long



Please scan
the QR code
and complete
the
Supportive
Pregnancy
Care pretest



[SPC Pretest](#)



Your name



what baby is this for you, first, second...?



How many weeks pregnant are you

A favorite book
(type in the chat)



shutterstock.com · 1837853593



Today's Agenda

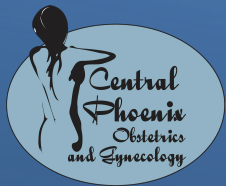
February 16th, 2022

Part I

- Check-in
 - Welcome/Facilitator introductions
 - Meditation
 - Agenda Review
 - Icebreaker
 - **Hopes/Fears for Labor**
- **Break***

Part II

- Mindfulness exercise
- **Modes of Delivery**
- Wrap up
- Closing affirmations



Let's Talk Labor

- Spontaneous Labor
- Induced Labor
- Labor after Cesarean Section

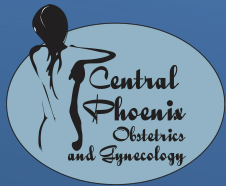




Let's Talk Labor

- If you've had a baby before was your labor spontaneous? Induced? c/s?
- Did contractions start first or did your water break?





Spontaneous labor

- Most labors start between 38-42 weeks
- **Preterm (premature)**: labor starting before 37 weeks
- **Term**: labor after 37 weeks
- **Postdates**: Labor after 40 weeks
- It is common to have “false labor”
- Labor is defined as regular contractions that change the cervix
- Stages of labor
 - **Latent** labor (cervix closed-~5cm variable time)
 - **Active** labor (5-7cm, usually 3-5 hours)
 - **Transition** (1-2 hours 8-10cmdilated, head moving into pelvis)
 - **Second Stage**: pushing (minutes to 3 hours)
 - **Third stage** placental delivery



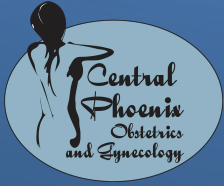


Induction of labor

Induction of labor is needed when spontaneous labor does not occur or is too far away in time.

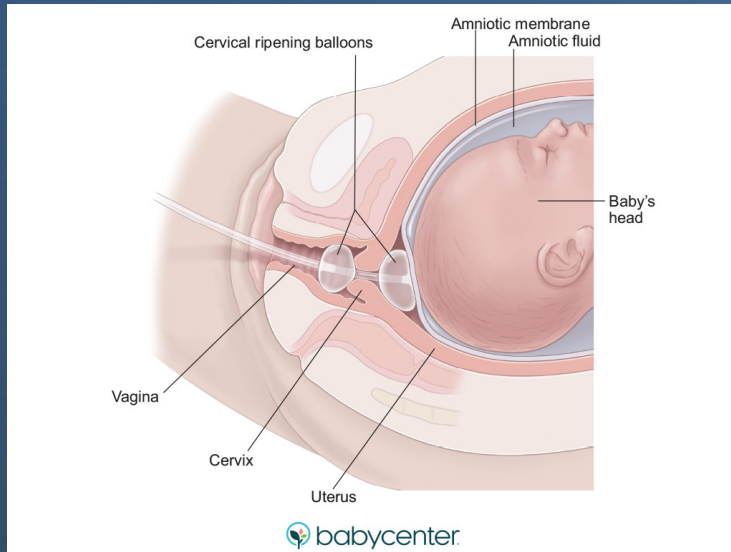
Reasons for **Induction** of labor

- Maternal illness-- preeclampsia, diabetes, cholestasis. trauma
- Fetal illness --poor growth, low amniotic fluid
- Postdates >41 weeks
- Elective



Induction of labor--methods

Out of Hospital



(most effective first)

1. Nipple Stimulation
2. Castor oil
3. Primrose oil
4. Walking
5. Sex

Membrane "Strip" "Sweep"



Induction of labor--methods In Hospital

Cervical Ripening

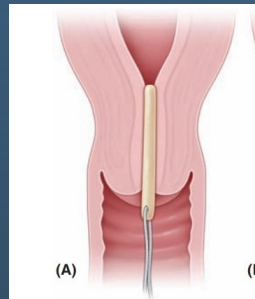
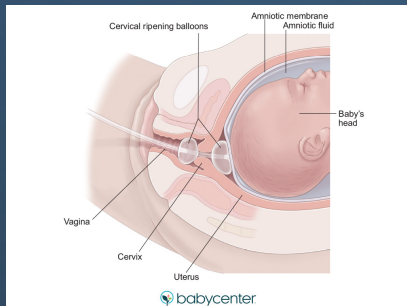
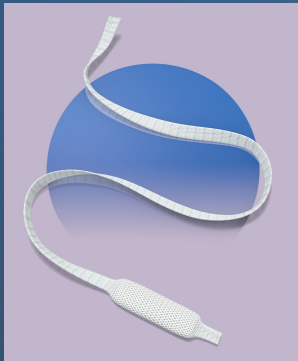
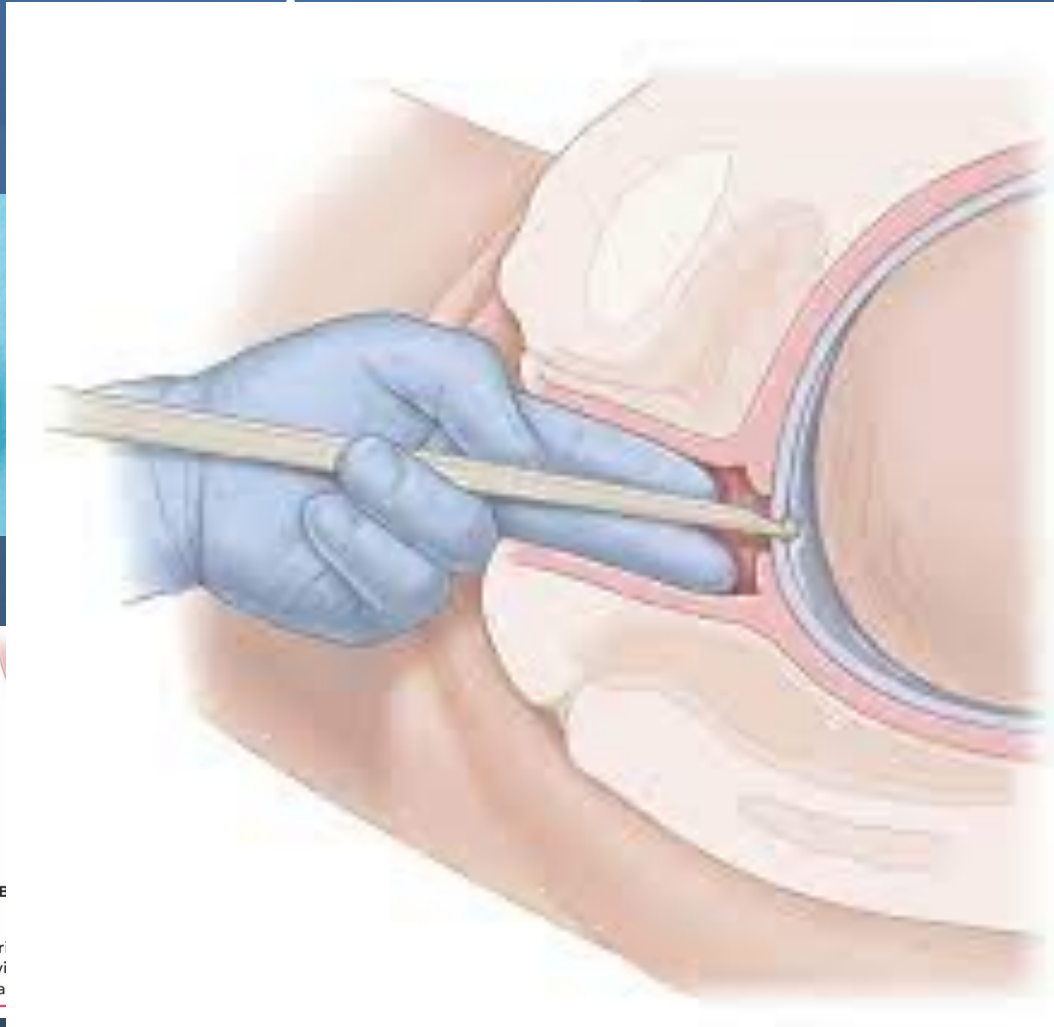


FIGURE 8.13. Use of laminaria inserted just beyond the cervical laminaria that has expanded, ca



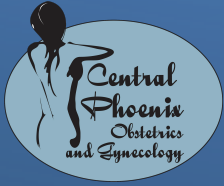


Induction of labor--methods

Pitocin

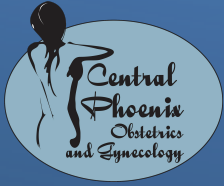
What have you heard?

- Same compound as the hormone oxytocin
- Beneficial when used for the right reasons in the right dose
- Most hospitals have protocols to prevent giving too much
- Many women report contractions seem 'more painful'
 - May be due to quick onset of intense contractions



Labor after Cesarean section

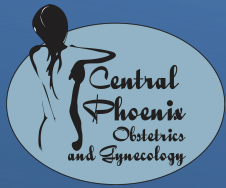
- Trial of labor after cesarean section (TOLAC)
- Chance of success depends on reason for 1st c/s
- No cervadil or Cytotec
- Small risk of uterine rupture
 - no uterine scar 1/17000 -1/8000
 - 1 LTCS 1/500 -1/60
 - ≥ 2 LTCS $\sim 3.9\%$ 2/26
 - Low vertical c/s, classical c/s 1/18 -1/10
- No TOLAC after 2 c/s
- Vaginal birth after cesarean section (VBAC)



“Natural” labor



Mindfulness Moment



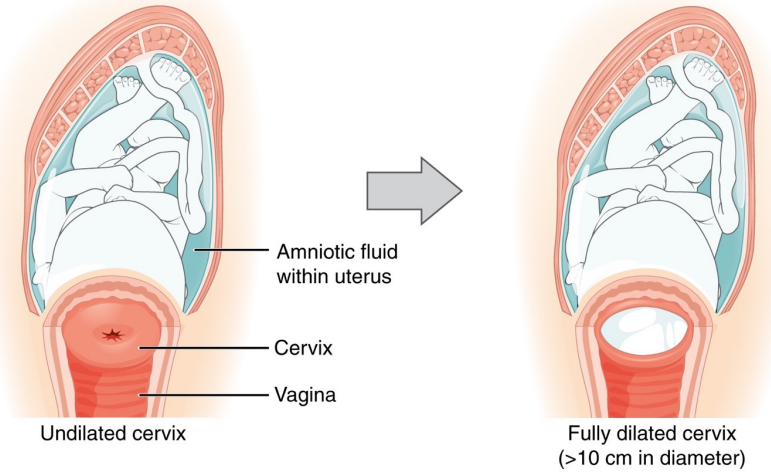
Delivery

**What one word would
you want to describe
your delivery?**

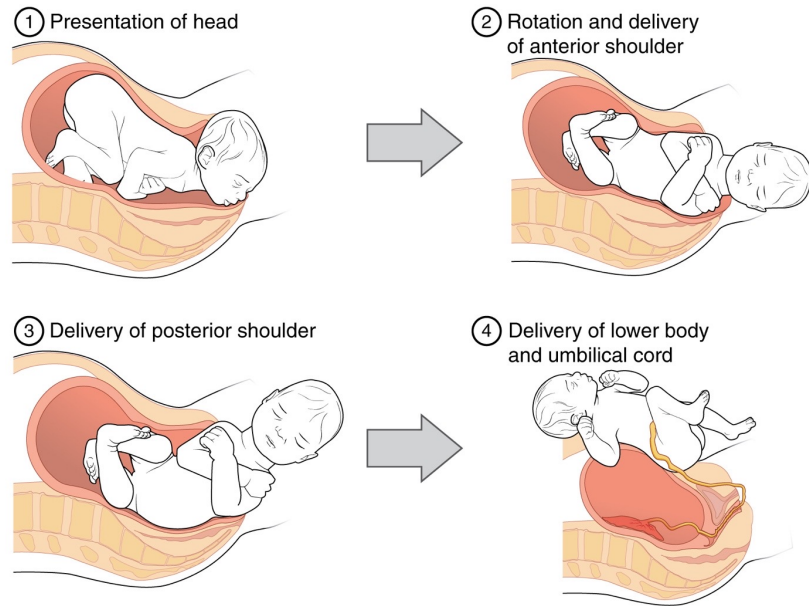


Spontaneous Vaginal Delivery

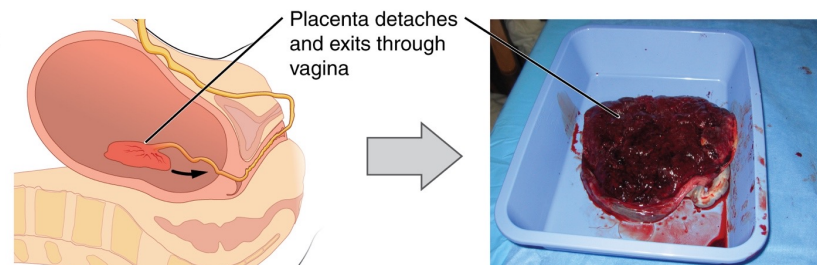
Stage 1: Dilation

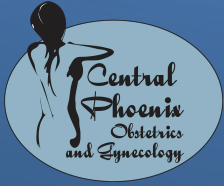


Stage 2: Birth

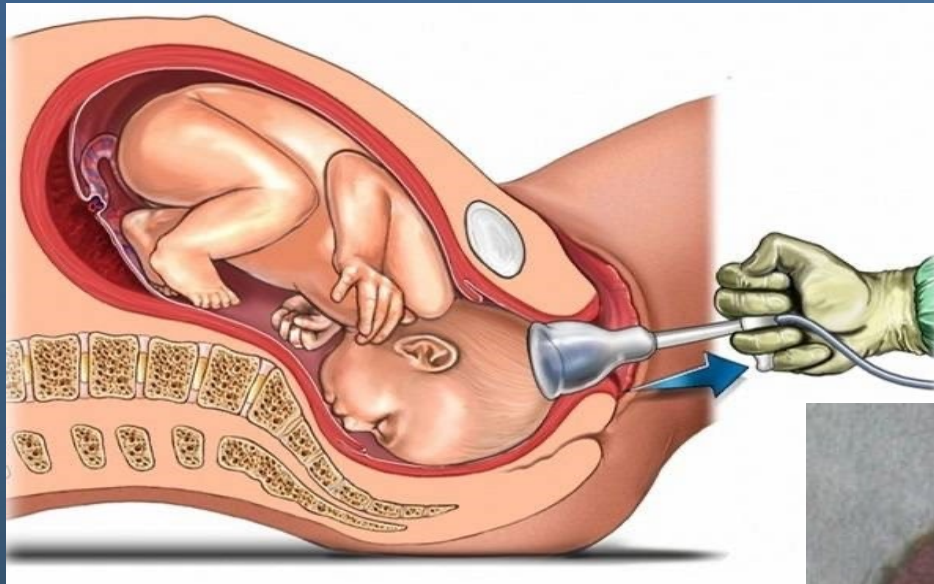


Stage 3: Afterbirth delivery



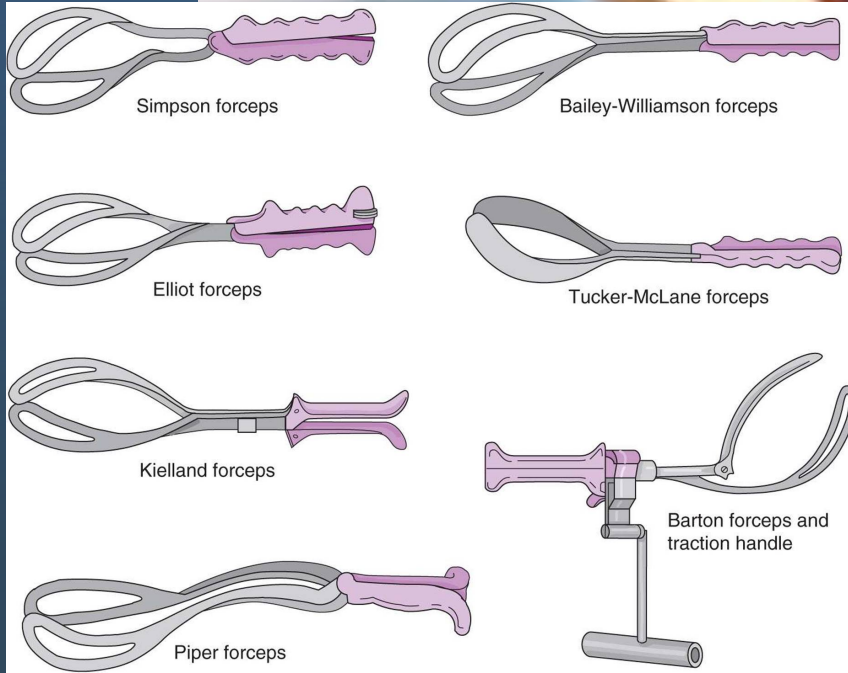


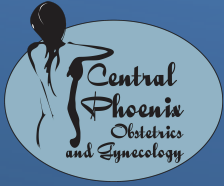
Vacuum Assisted Vaginal Delivery





Forceps Assisted Vaginal Delivery





Vaginal Delivery

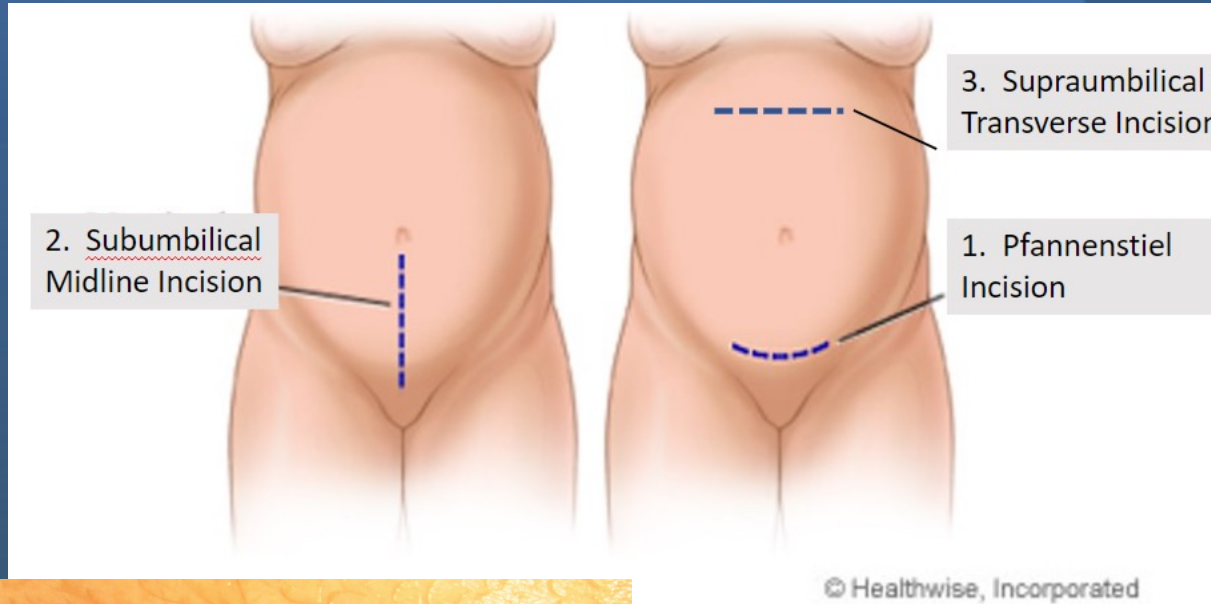
Vaginal Delivery *is the most common type of birth.*

Vacuum

Forceps

Episiotomy

Cesarean section—Skin Incision

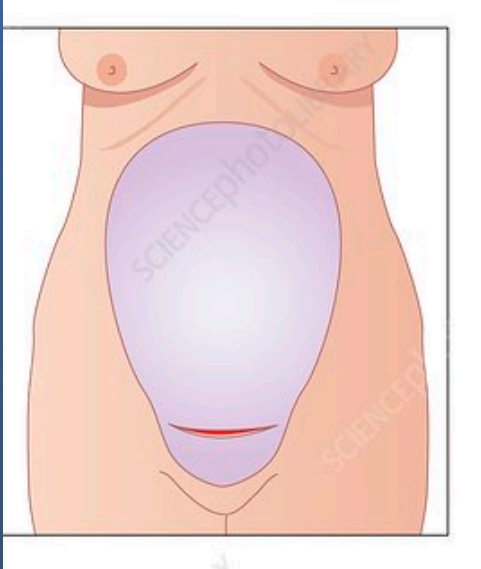


Low transverse-Pfannenstiel

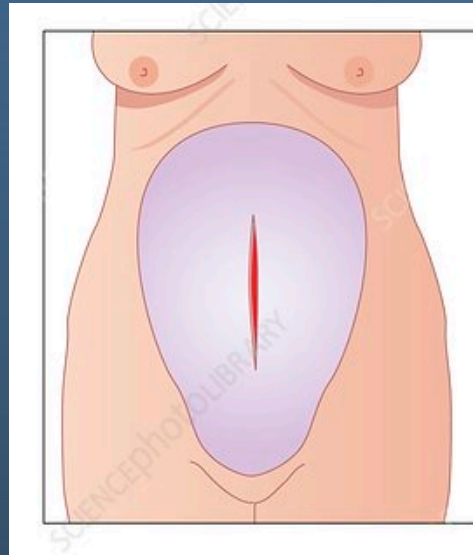


Vertical

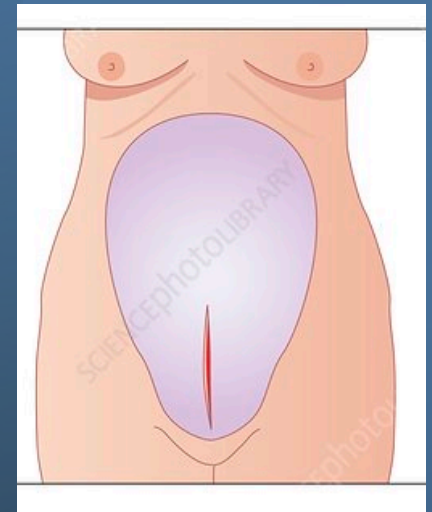
Cesarean section—Uterine incision



Low transverse



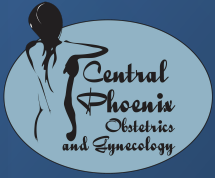
Vertical



Low vertical



Birth Story | KEDocumentary.com



Wrap up

*One Key Take
away from today*

Next SPC 4 weeks
Third Wednesday
Next: March 16th



Affirmations

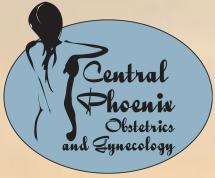
Affirmations



<https://apps.apple.com/us/app/focus-wheel/id508349638>



https://play.google.com/store/apps/details?id=com.focuswheel&hl=en_US&gl=US



<https://apps.apple.com/us/app/focus-wheel/id508349638>

https://play.google.com/store/apps/details?id=com.focuswheel&hl=en_US&gl=US



Please scan
the QR code
and complete
the
Supportive
Pregnancy
Care pretest



[SPC Pretest](#)

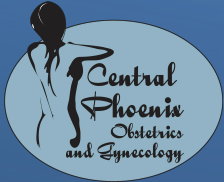


Complete the SPC pretest





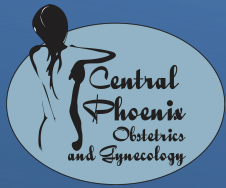
Mindfulness Moment



How has your body changed this pregnancy?



Record your thoughts and feelings as you have this one-of-a-kind experience



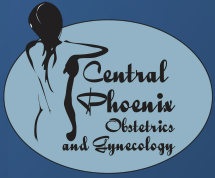
Breakout Rooms

Talk within your small group about one or more of the following

Make a list of – words
that describe your body
now.

Why did you choose
each word?

We will reconvene in about 10 minutes and share points from your
discussion



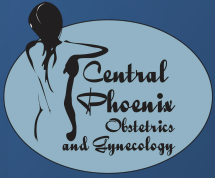
Body Changes in Pregnancy

What changes have you noticed
in your body that you hope will
remain after birth?



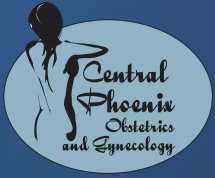
Body Changes in Pregnancy

What changes have you noticed
in your body that you hope will
be gone when you deliver?



Body Changes in Pregnancy

What changes have you noticed
in your body that are
weird/funny/suprising to you?



What are your hopes/thoughts about your pregnancy/birth/parenting

When I think about my own parent's 'parenting style', I feel...



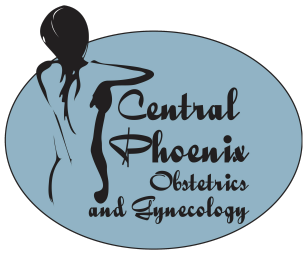
Wrap up

*One Key Take away
from today*

Next SPC 4 weeks
Third Wednesday
Next: March 16th

Schedule Orientation visit

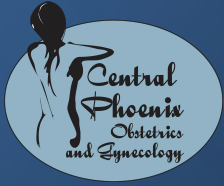
- 2 weeks orientation
- learn taking BP
- how to check urine
- recording vital signs
- Sign group agreements
- pick up SPC packet



Please scan
the QR code
and complete
the
Supportive
Pregnancy
Care pretest



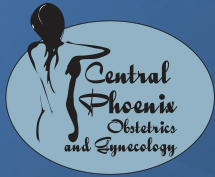
[SPC Pretest](#)



What is Supportive Pregnancy Care



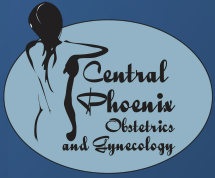
- Group cohort
- More time
- Participant driven discussion
- Active role in health monitoring



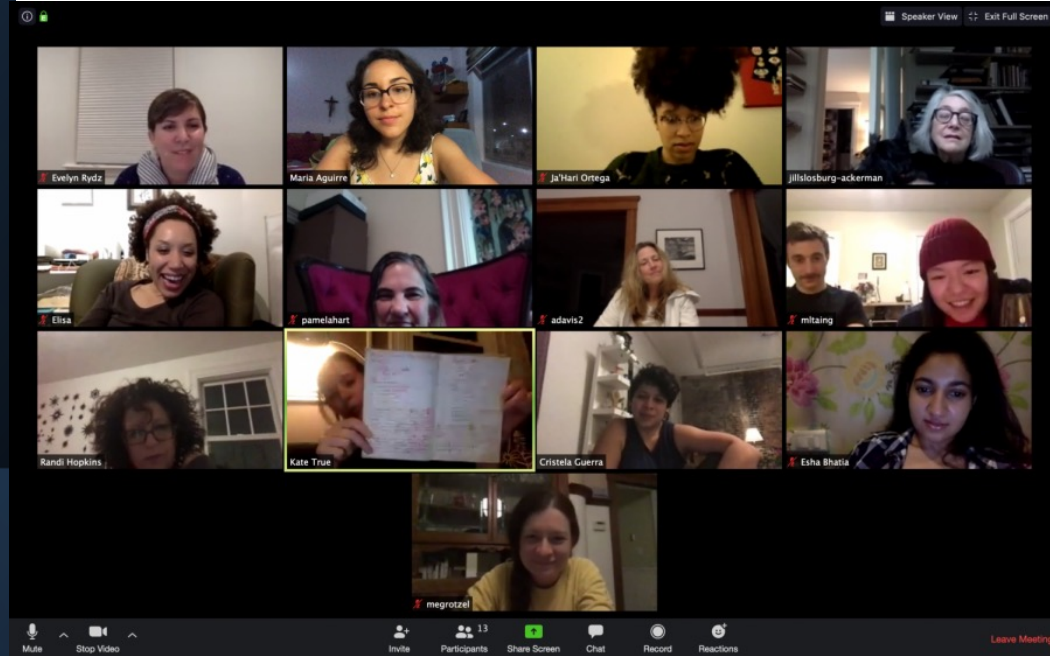
Supportive Pregnancy Care Benefits

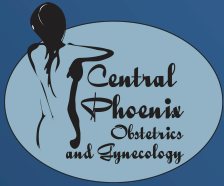
Group prenatal care has been associated with

- Decrease in preterm birth
- Decrease in neonatal intensive care unit (NICU) admissions
- Increase in birth weight for term and preterm infants
- Increased rates of breastfeeding initiation and continuation
- Fewer emergency department visits in the third trimester
- Improved pregnancy-related weight management
- Increase in women presenting in active labor and at greater cervical dilatation
- Improved knowledge of childbirth, family planning, postpartum depression, and early child rearing
- Lower rate of c/sections
- Fewer pregnancy and delivery complications
- More active engagement in pregnancy
- Better preparation for labor, delivery and infant care
- Networks of education and support
- Increased satisfied for women
- Increase in obstetrician and other obstetric care provider satisfaction



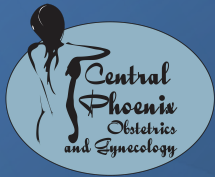
More about Supportive Pregnancy Care Meetings





SPC Visit Schedule

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	PP 1	PP 2
Traditional* Prenatal Care															6 weeks:	
Prenatal Care with Telemedicine															1 week:	
															6 weeks:	
<p> = In-person visit</p> <p> = Virtual visit via telemedicine</p>																



Anatomy of a Supportive Pregnancy Care Session

Sign-in—One on ones

Mindfulness exercise

Opening/ Icebreaker

Discussion Topic I

Break

Discussion Topic II

Wrap-up

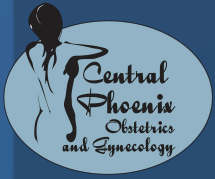
Closing Affirmations

~~

Parking lot Issues—*topics for future sessions*

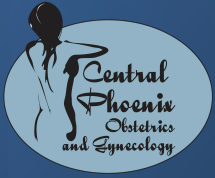
Individual needs- *concerns for one on one follow up*

Questions for next time



Group Agreements

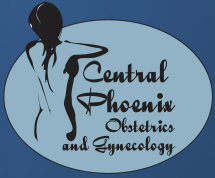




Group Agreements Discussion

It is important to me that
all group members agree
to...

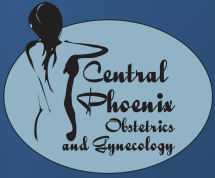
be curious and listen to
understand



Group Agreements Discussion

It is important to me that
all group members agree
to...

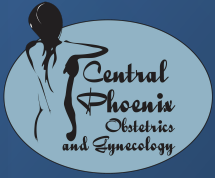
show respect and suspend
judgment



Group Agreements Discussion

It is important to me that
all group members agree
to...

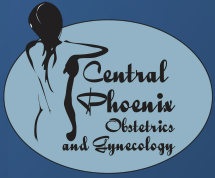
note common ground as
well as any differences
during conversations



Group Agreements Discussion

It is important to me that
all group members agree
to...

be your authentic self and
accept others for who they
are



Group Agreements Discussion

It is important to me that
all group members agree
to...

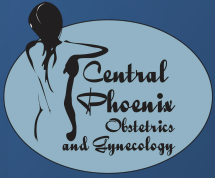
do your part to contribute
to and guide the
conversation



Group Agreements Discussion

It is important to me that
all group members agree
to...

keep information shared
in the group confidential



Do you want others

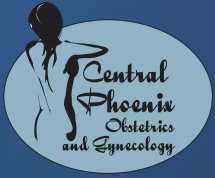
(partner, doula, children,
support person etc.)

present at group sessions?

All

None

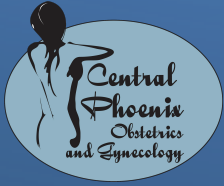
Some



Group Agreements

All group members agree to...

- show respect and suspend judgment
- be curious and listen to understand
- note common ground as well as any differences during conversations
- be your authentic self and accept others for who they are
- do your part to contribute to and guide the conversation
- keep information shared in the group confidential



Data Tracking



Apple Store



Google Play

The Journey Pregnancy App