Shoulder Dystocia
5 steps to assist when shoulder dystocia occurs during Water Birth

1. SQUAT POSITION
   Change position to a deep squat or knee squat - still in water.

2. OPEN PELVIS
   Utilise a step or side of pool to encourage mother to open her pelvis - out of water.

3. If nothing changes...

4. GETTING OUT
   Assist mother to leave the pool, making sure the baby's head is supported whilst moving into other position.

5. GASKIN
   Kneeling and maintaining a flat back at all times.

6. McROBERTS
   Sit and lean flat back into position, with legs close to chest.

FOR MORE INFORMATION PLEASE CONTACT OUR TEAM
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