

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...

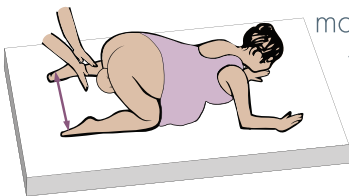
GETTING OUT

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

4

GASKIN

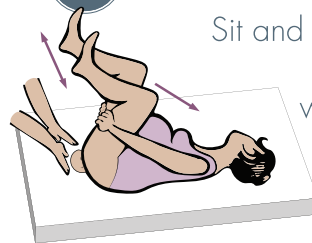
Kneeling and maintaining a flat back at all times.



5

McROBERTS

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



FOR MORE INFORMATION PLEASE CONTACT OUR TEAM
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INFO SUPPLIED BY EDEL IMMERSYS AND DIANNE GARLAND (SRN RM ADM PGCEA MSC)