

Detailed contents

Contributor *xxiii*

Symbols and abbreviations *xxv*

Part 1 Introduction

1 Introduction	3
Definition of a midwife	4
Role of the midwife	5
Principles for record keeping	6
Statutory midwifery supervision	8
Role of supervisor of midwives	9
Role of the LSA and LSA midwifery officer	10
Drug administration in midwifery	12
<hr/>	
2 Pre-conception care	15
Taking a menstrual history	16
Nutrition	18
Lifestyle	20
Medical conditions	21
<hr/>	
3 Sexual health	23
Bacterial vaginosis	24
Candidiasis	26
Chlamydia	28
Genital warts	30
Gonorrhoea	32
Hepatitis B	34
Hepatitis C	36
Herpes simplex virus	38
Syphilis	40
Vaginal infections	42
<hr/>	
4 Antenatal care	43
Confirmation of pregnancy	44
Adaptation to pregnancy	46

Blood values in pregnancy	50
The booking interview	51
Taking a sexual history	52
Principles of antenatal screening	54
Screening for risk in pregnancy	56
Antenatal screening	57
Screening for syphilis	58
HIV screening	59
The full blood count	60
ABO blood group and rhesus factor: anti-D prophylaxis for the Rh-negative mother	62
Screening for Down's syndrome risk	64
Group B haemolytic streptococcus	66
Sickle cell anaemia	68
Thalassaemia	70
Antenatal examination	72
Abdominal examination	74
Monitoring fetal growth and well-being	76
<hr/>	
5 Health advice in pregnancy	79
Smoking	80
Alcohol	82
Nutrition during pregnancy	84
Weight gain in pregnancy and body mass index	86
Food safety	88
Folic acid	91
Iron	92
Peanut allergy	94
Exercise	96
Employment	97
Sexuality during pregnancy and beyond	98
Dealing with disability during pregnancy and beyond	102
<hr/>	
6 Minor disorders of pregnancy	109
Introduction	110
Backache	111

Constipation 112
 Frequency of micturition 113
 Indigestion and heartburn 114
 Nausea and vomiting 115
 Varicose veins and haemorrhoids 116

7 Helping women cope with pregnancy: complementary therapies 117

Introduction 118
 Homoeopathy 120
 Aromatherapy 122
 Bach flower remedies 128
 Reflexology 131
 Oriental medicine 132
 Yoga 136
 Herbal medicine 138

8 The need for social support 141

Social support 142
 Screening for domestic abuse 144
 Recognition of sexual abuse 148
 Management of substance misuse 150
 Preparing the parents for birth 152
 The birth plan 153
 Preparation for infant feeding 154

9 Recognizing and managing pregnancy complications 155

Bleeding in early pregnancy 156
 Antepartum haemorrhage 158
 Breech presentation 160
 Hyperemesis 162
 Infections 164
 Intrauterine growth restriction 168
 Multiple pregnancy 170
 Obstetric cholestasis 172
 Pregnancy-induced hypertension 174
 The impact of obesity during pregnancy and beyond 176

10 Medical conditions during pregnancy	179
Asthma	180
Cardiac conditions	182
Diabetes	184
Epilepsy	187
Thromboembolic disorders	188
Principles of thromboprophylaxis	190
Thyroid disorders	192
Renal conditions	194
<hr/>	
Part 2 Normal labour	
<hr/>	
11 Normal labour: first stage	199
Physiology of the first stage of labour	200
Diagnosis of onset of labour	204
Support for women in labour	208
High- and low-risk labour	210
Principles of care for low-risk women	211
Principles of care in the first stage of labour	212
Home birth	214
Hospital birth	218
Water birth	220
Mobility and positioning in labour	224
Nutrition in labour	226
Assessing progress of labour	228
Abdominal examination	230
Vaginal examination	232
The partogram	234
Cardiotocograph monitoring	236
Monitoring fetal well-being	238
<hr/>	
12 Pain relief: non-pharmacological	241
Massage	242
Homoeopathic remedies for labour and birth	244
Breathing awareness	246
Hypnosis and visualization	247

Aromatherapy during labour 248
 Reflexology during labour 250
 Acupuncture in labour and childbirth 252
 Transcutaneous electrical nerve stimulation 254
 Bach flower remedies during labour 256

13 Pain relief: pharmacological 257

Nitrous oxide and oxygen administration 258
 Opiates 259
 Lumbar epidural analgesia 260

14 Normal labour: second stage 265

Recognition of the second stage 266
 Mechanism of labour 270
 Principles of care in the second stage of labour 274
 Care of the perineum 276
 Performing an episiotomy 280
 Female genital mutilation 282
 Conduct of normal vaginal delivery 284

15 Normal labour: third stage 287

Care during the third stage of labour 288
 Physiological management of the third stage 290
 Active management of the third stage 292
 Assessing and repairing the perineum 294
 Examining the placenta and membranes 298

16 Immediate care of the newborn 301

Apgar score 302
 Examination of the newborn 304
 Immediate care of the newborn 308
 Skin-to-skin 310

Part 3 Complicated labour

17 Management of malpositions and malpresentations 313

Occipito-posterior position 314
 Face presentation 316

Brow presentation 318
Shoulder presentation 319

18 High-risk labour 321

Principles of care for high-risk labour 322
Trial of labour for vaginal birth following
previous caesarean (or other uterine scar) 324
Obstructed labour 326
Delivery care for twins and other multiple births 328
Hypertensive disorders 332
Care of the diabetic mother and fetus 338
Drug and alcohol misuse 342
Epilepsy 344
Cardiac conditions 346
Pyrexia 348
Infections 350
Group B haemolytic streptococcus 352
Preterm labour 354
Induction of labour 364
Augmentation of labour: active management 370
Measures to assist birth 372
Caesarean section 376
Breech delivery 382
Retained placenta 388

19 Emergencies during pregnancy, labour, and postnatally 391

Maternal

Major obstetric haemorrhage 392
Uterine rupture 398
Eclampsia 402
Amniotic fluid embolism 406
HELLP syndrome 408
Disseminated intravascular coagulation 410
Acute uterine inversion 412
Shock 416
Maternal resuscitation 420
Guidelines for admission to HDU 424

Maternal mortality 425
 Blood tests results during pregnancy,
 detecting deviations from the norm 426

Fetal

In utero transfer 432
 Hypoxia and asphyxia 434
 Cord presentation and cord prolapse 440
 Vasa praevia 444
 Shoulder dystocia 446
 Guidelines for admission to neonatal ICU 450
 Guidelines for admission to transitional care 452
 Neonatal resuscitation 454
 Perinatal mortality 459
 Intrauterine death and stillbirth 460

Part 4 Postnatal care

20 Postnatal care 469

Principles of postnatal care 470
 Physiological aspects of postnatal care 471
 Involution of the uterus 472
 Vaginal blood loss 474
 The perineum 475
 Perineal pain 476
 Circulation 477
 General health 478
 Urinary output 479
 Psychological and emotional aspects of postnatal care 480
 Transfer home from hospital 482
 Parent education 484
 Postoperative care 486
 Postnatal care of the breasts 490
 Care of the mother with pre-existing medical conditions 491

21 Disorders of the postnatal period 493

The uterus 494
 Primary postpartum haemorrhage 496

xx DETAILED CONTENTS

- Secondary postpartum haemorrhage 498
- Maternal collapse within 24h without bleeding 499
- Hypertensive disorders 500
- Circulatory disorders 502
- Postnatal pain 504
- Headache 505
- Urinary tract disorders 506
- Bowel disorders 509
- Postnatal afterthoughts for parents 510
- Postnatal afterthoughts for midwives 511
- Psychological and mental health disorders 512
- Postnatal depression 514
- Bereavement care 516

Part 5 Family planning

- 22 Contraception** **523**
- Contraception 524
 - Lactational amenorrhoea method 528
 - Combined oral contraceptive: 'the pill' 530
 - When the pill may not be effective 532
 - Contraceptive patch 535
 - Contraceptive vaginal ring 536
 - Progesterone-only pill 538
 - Implant 542
 - Injectables 546
 - Mirena® intrauterine system 549
 - Intrauterine devices 550
 - Female condom 556
 - Diaphragms and cervical caps 560
 - Fertility awareness (natural family planning) 562
 - Coitus interruptus 564
 - Male condom 566
 - Male sterilization 568
 - Female sterilization 570
 - Emergency contraception 572

Part 6 Care of the newborn

23 Care of the newborn 577

- Examination of the newborn: monitoring progress 578
- Reflexes in the newborn 580
- Screening tests 581
- Growth 582
- Minor disorders of the newborn 586
- Neonatal temperature control 588
- Hypoglycaemia 592
- Advice to parents: reducing the risk of sudden infant death syndrome 594
- Bed sharing 596
- Neonatal infection 598
- Neonatal jaundice 604
- Vomiting in the newborn 610
- Metabolic disorders and the neonatal blood spot test 614
- Developmental dysplasia of the hip (DDH) 620
- Birth injuries 622
- Congenital abnormalities 624
- Heart murmurs in the newborn 626
- Management of the small for gestational age baby 628
- Management of the preterm baby 634
- Respiratory distress syndrome in the newborn 640
- Respiratory problems in the newborn 644
- Neonatal abstinence syndrome 648
- Safeguarding children 650

Part 7 Feeding

24 Breastfeeding 657

- Constituents of breast milk 658
- Advantages of breastfeeding 660
- Contraindications to breastfeeding 661
- Management of breastfeeding 662
- The 10 steps to successful breastfeeding 670
- Support for breastfeeding 672

Practices shown to be detrimental to successful breastfeeding 676
Expression of breast milk 680
Breastfeeding and returning to work 686
Discontinuation of breastfeeding 688
Breastfeeding problems 690
Breastfeeding in special situations 698
Lactation and nutrition 704

25 Artificial feeding 707

Introduction 708
Suppression of lactation 710
Selecting an appropriate substitute 712
Types of formula milks 714
Alternatives to modified cow's milk formulas 718
Nutritional requirements of formula-fed babies 719
Management of artificial feeding 720
Problems associated with formula feeding 724
Disadvantages associated with formula feeding 726
Health risks associated with formula feeding 728

Index 729