3-3 Shoulder dystocia v.1

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Failure of routine traction to release the neonatal shoulders during a vaginal birth. Presenting signs:

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| **Box C: Post birth actions** |
| Assess for post-partum haemorrhage  Check for signs of trauma to vagina and perineum Neonatal examination of baby for signs of trauma Offer explanation to woman  Arrange postnatal debrief for 6-12 weeks later Complete incident report  Facilitate staff debrief |

⯈ Slow birth of face and chin

⯈ Head tightly applied to vulva

⯈ “Turtle-neck sign”: chin retracting and depressing perineum

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| **Box A: Actions to avoid** |
| Excessive force  Acute downward traction on the fetal neck Fundal pressure |

START

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| **Box B: Other interventions** |
| **Cleidotomy**: surgical division of the clavicles of the fetus  **Zavanelli**: the baby's head is first rotated into position and then flexed, pushing the head back into the vagina. Give tocolysis (terbutaline 0.25 mg SC -*or-* GTN spray sublingual) before starting attempt, to reduce risk of uterine rupture  **Symphysiotomy**: the cartilage of the pubic symphysis is divided to widen the pelvis |

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| ❶ | ⯈ | **Call for help** (obstetrician, midwife, anaesthetist, neonatal team)  **Ask**: “who will be the team leader?” |
|  | ⯈ | **Team leader assigns** checklist reader and scribe |
| ❷ |  | **Stop the woman pushing, lie her flat and move buttocks to the end of the bed** |
| ❸ |  | **Start continuous fetal monitoring -*and-* check actions to avoid** (**Box A**) |
| ❹ | ⯈ | **Try all subsequent manoeuvres, before moving on**  McRoberts’ manoeuvre – bring the woman’s knees to her chest + apply routine |
|  | ⯈ | traction  Suprapubic pressure – apply *either* continuous -*or-* rocking pressure on the woman’s |
|  |  | abdomen behind the fetal back + apply routine traction |
| ❺ | ⯈ | **If neonatal shoulders still stuck**  **start internal manoeuvres**  If whole hand cannot fit inside vagina  perform episiotomy |
|  | ⯈  ⯈ | Deliver posterior arm  Internal rotational manoeuvres |
| ❻ | ⯈ | **If birth still not achieved**   Position woman on all fours position -*or-* repeat all of above manoeuvres |
|  | ⯈ | After repeating manoeuvres, talk with team and agree when to proceed  ❼ |
| ❼ |  | **Call for senior obstetric help** |
| ❽ |  | **If birth still not achieved**  perform cleidotomy (**Box B**) |
| **❾** |  | **If birth still not achieved**  consider Zavanelli manoeuvre or symphysiotomy with |
|  |  | appropriate anaesthesia (**Box B**) |
| ❿ |  | **Following birth, check mother and baby**  (**Box C**) |