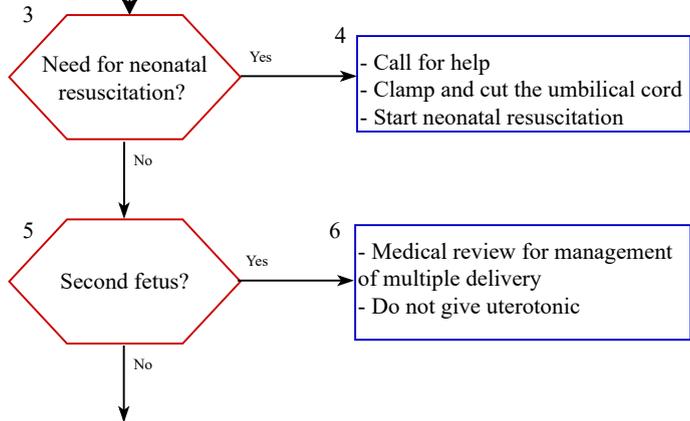


1 Third stage of labor (time from the birth of the baby to the expulsion of the placenta and membranes) after vaginal birth without complications

<p>2 Maternal assessment</p> <ul style="list-style-type: none"> - Assess general condition: mood and behaviour, pallor, pain - Perform maternal observations during 1st hour after birth: blood pressure and pulse every 15 min, temperature hourly - Palpate uterus: tone, assess for second fetus - Perform vaginal/perineal examination: assess for vaginal blood loss and tears 	<p>Newborn assessments</p> <ul style="list-style-type: none"> - Assess Apgar score at 1 and 5 minutes, temperature - Check if baby is breathing, grunting and chest indrawing - Perform newborn observations every 15 min: breathing, colour, temperature, cord
<p>Initial management of the woman</p> <ul style="list-style-type: none"> - Keep mother and baby together in labour ward - Never leave the woman and newborn alone, ask the companion to stay 	<p>Initial management of the newborn</p> <ul style="list-style-type: none"> - Clean and dry baby, keep warm - If not breathing, stimulate by rubbing the back - Do not remove vernix, do not bath, do not perform routine suction or aspiration - Skin-to-skin contact if not resuscitation required



7

<ul style="list-style-type: none"> - Uterotonic within 1 min after birth - Delay cord clamping: 1-3 min after birth - Controlled cord traction after signs of placenta separation, according to preference - Encourage mother to initiate breastfeeding within the 1st h, when baby shows signs of readiness - After delivery of placenta: <ul style="list-style-type: none"> - Check that placenta and membranes are complete - Encourage the woman to pass urine - Encourage the woman to eat and drink 	<ul style="list-style-type: none"> - Give vitamin K IM - Apply antiseptic eye drops or ointment
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