POSTPARTUM CARE - ALS

BABY

Note time of delivery

PRMC

Keep newborn level with mother’s vagina until cord clamped

Wipe face

Dry and wrap warmly in blanket

Clamp umbilical cord securely in two places about 6-8" from baby and cut between 2 clamps

If non-vigorous or in respiratory distress, proceed to Neonatal Resuscitation SMO (G4)

Assess Apgar score at 1 and 5 minutes after birth (see next page)

Contact Medical Control and transport to ED with an approved OB facility

MOTHER

RMC

Maintain BP ≥ 90
Establish vascular access, if indicated
NS wide open 300 ml bolus
Repeat as indicated

If placenta delivers, note time of delivery and place in a plastic bag
Do not delay transport waiting for placenta
Do NOT pull on cord to facilitate placenta delivery

If heavy vaginal bleeding, gently massage uterus with your hand on abdomen

If perineum is torn or bleeding, apply direct pressure with trauma dressing

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ALS G-2.1
# APGAR SCORING

<table>
<thead>
<tr>
<th></th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>1 Min</th>
<th>5 Min</th>
</tr>
</thead>
<tbody>
<tr>
<td>A = Appearance (color)</td>
<td>Blue, pale</td>
<td>Blue hands and feet</td>
<td>Entirely pink</td>
<td></td>
<td></td>
</tr>
<tr>
<td>P = Pulse (heart rate)</td>
<td>Absent</td>
<td>&lt;100/min</td>
<td>&gt;100/min</td>
<td></td>
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<tr>
<td>G = Grimace (reflex irritability)</td>
<td>No response</td>
<td>Grimace</td>
<td>Cough or sneeze</td>
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<td></td>
</tr>
<tr>
<td>A = Activity (muscle tone)</td>
<td>Limp</td>
<td>Some flexion of extremities</td>
<td>Active motion</td>
<td></td>
<td></td>
</tr>
<tr>
<td>R = Respiratory effort</td>
<td>Absent</td>
<td>Weak cry, hypoventilation</td>
<td>Good, strong cry</td>
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</tbody>
</table>

**TOTALS =**