

# Shoulder Dystocia Algorithm

## Risk for shoulder dystocia?

- History of
- H/O or current macrosomia
- Maternal diabetes
- 2<sup>nd</sup> stage longer than 2 hours
- need for vacuum/forceps

## Prepare for shoulder dystocia

- Notify charge RN & Baby RN to be prepared to assist with delivery
- Stool to side of bed
- Clear room for easy movement
- Baby RN to prepare for delivery & bring APGAR timer to bedside

## Signs of shoulder dystocia present?

- Shoulders do not come out after usual expulsive efforts plus traction
- "Turtle sign" (double chin)
- OB Care Provider to communicate, **"I'm going to need suprapubic pressure."**
- Start time keeping with delivery of head (APGAR timer)

- Lower head of bed
- McRobert's maneuver
- Traction with maternal pushing
- With provider request apply suprapubic pressure down and toward the direction that the baby is facing when pt is pushing
- NO fundal pressure

If baby is not delivered within 1 minute, OB provider communicates, **"Let's get some extra HELP"** to activate team.

## Primary RN

- Ensure emergency bell is activated
- Communicate with pt and family
- Assist OB provider with maneuvers and repositioning pt
- Communicates with initial responder

## OB Provider

- Employ advanced maneuvers - consider cutting/enlarging episiotomy
- Woods Maneuver
  - Rubin's Maneuver
  - Posterior arm sweep
  - Reposition patient to hands and knees (Gaskin Maneuver)
  - 2<sup>nd</sup> Provider to repeat all maneuvers
- Employ aggressive maneuvers
- Intentional clavicle fracture
  - Abdominally assisted vaginal delivery
  - Zavanelli

## Baby RN

- Communicate time head was delivered to 1st responder
- Assist Primary RN and OB Provider with maneuvers
- Communicate to NICU team as they arrive

## 1<sup>st</sup> responder

- Call X2111 to report "ob activation with NICU"
- Call from room for OR to be opened
- Turn off emergency bell
- Assumes time keeping & documents on shoulder dystocia documentation tool
- Notify team of elapsed time in 30 second intervals
- Notify team when additional OB help arrives
- At 3 minutes ask team "would you like to move out back"
- Notify 2<sup>nd</sup> responder of their role (2<sup>nd</sup> responder)

## 2<sup>nd</sup> responder

- Ensure NICU cart is outside patient's room
- Ensure algorithm is available
- Ensure OR is ready
- Perform "Runner" duties as needed
- Prepare room for potential transfer to OR