PROTOCOLS FOR THE MANAGEMENT OF OBSTETRIC PATIENTS AT LOWER UMFOLOZI DISTRICT WAR MEMORIAL HOSPITAL EMPANGENI
TABLE OF CONTENT

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acknowledgements</td>
<td>3</td>
</tr>
<tr>
<td>Introduction</td>
<td>4</td>
</tr>
<tr>
<td>Aims of the booklet</td>
<td>5</td>
</tr>
<tr>
<td>Definitions</td>
<td>6</td>
</tr>
<tr>
<td>Five big causes of Maternal Death</td>
<td>7</td>
</tr>
<tr>
<td>Communicable Disease</td>
<td>6</td>
</tr>
<tr>
<td>Summary of key recommendations</td>
<td>8-9</td>
</tr>
<tr>
<td><strong>Protocols</strong></td>
<td></td>
</tr>
<tr>
<td>Causes of Maternal Deaths is South Africa</td>
<td>11</td>
</tr>
<tr>
<td>1. Non pregnancy related sepsis</td>
<td>12</td>
</tr>
<tr>
<td>2. Hypertensive Disorders in Pregnancy</td>
<td>14</td>
</tr>
<tr>
<td>3. Obstetric Haemorrhage</td>
<td>15</td>
</tr>
<tr>
<td>4. Pregnancy Related Sepsis</td>
<td>16</td>
</tr>
<tr>
<td>5. Medical Disorders in Pregnancy (mainly Cardiac disease)</td>
<td></td>
</tr>
<tr>
<td>5.1 Antenatal Care of a Cardiac Mother</td>
<td>17</td>
</tr>
<tr>
<td>5.2 Intrapartum Care of Cardiac Mother</td>
<td>18</td>
</tr>
<tr>
<td>5.3 Post Partum Care of Cardiac Immediate and Intermediate</td>
<td>18</td>
</tr>
<tr>
<td>5.4 Diabetes in Pregnancy</td>
<td>18</td>
</tr>
<tr>
<td>5.5 Antenatal Care of Diabetic Patient</td>
<td>19</td>
</tr>
<tr>
<td>5.6 Intrapartum Care</td>
<td>20</td>
</tr>
<tr>
<td>5.7 Post Delivery Care</td>
<td>21</td>
</tr>
<tr>
<td>Labour Ward</td>
<td></td>
</tr>
<tr>
<td>Prolonged second stage of labour</td>
<td>22</td>
</tr>
<tr>
<td>Eclampsia</td>
<td>23</td>
</tr>
<tr>
<td>Abruptio Placentae</td>
<td>24</td>
</tr>
<tr>
<td>Placenta Praevia</td>
<td>25</td>
</tr>
<tr>
<td>Preterm Labour</td>
<td>26</td>
</tr>
<tr>
<td>Induction of Labour</td>
<td>27</td>
</tr>
<tr>
<td>Pre-induction Cervical Ripening</td>
<td>27</td>
</tr>
<tr>
<td>Communicable Disease</td>
<td></td>
</tr>
<tr>
<td>Malaria</td>
<td>28-29</td>
</tr>
<tr>
<td>Sexually transmitted and Urinary tract infection</td>
<td></td>
</tr>
<tr>
<td>Abnormal Vaginal Discharge</td>
<td>30</td>
</tr>
<tr>
<td>Genital Ulcer Disease</td>
<td>30</td>
</tr>
<tr>
<td>Genital Warts</td>
<td>30</td>
</tr>
<tr>
<td>Syphilis</td>
<td>31</td>
</tr>
<tr>
<td>Urinary Tract Infections</td>
<td>32</td>
</tr>
<tr>
<td>Indications for intubation and ventilation in eclampsia</td>
<td>33</td>
</tr>
<tr>
<td>Management and treating high spinal</td>
<td>34</td>
</tr>
<tr>
<td>Management of failed Intubation</td>
<td>35</td>
</tr>
<tr>
<td>Advanced Life Support for Healthcare Providers</td>
<td>36</td>
</tr>
<tr>
<td>Overview of Resuscitation in the delivery room</td>
<td>37</td>
</tr>
<tr>
<td>Birth</td>
<td>38</td>
</tr>
<tr>
<td>Referrals</td>
<td>39-40</td>
</tr>
<tr>
<td>Gynaecological Referral</td>
<td>41</td>
</tr>
<tr>
<td>Referral Centre</td>
<td>42</td>
</tr>
</tbody>
</table>
ACKNOWLEDGEMENTS

As a first booklet to be published for the purpose of providing a guide to the management of an Obstetric Patient and Lower Umfolozi District War Memorial Hospital and Area 3, we hope this will improve the maternal and neonatal outcome of our efforts.

Many thanks Dr Kambaran, HOD, departmental Consultants for their contribution, Dr Bwambale (Anaesthesia) Dr Kapongo and the Paediatric Department.

Finally, thank you to the publishers, for their support.

Dr Thabo Matsaseng
March 2007
INTRODUCTION

The well being of mothers have long been acknowledged to be a building block of public health. Therefore the level of maternal deaths should be an issue of concern for all working in the field of woman health.

Unfortunately the saving mothers report (2002-2004) indicates that South Africa’s maternal mortality ratio (MMR) has increased.

Either due to better reporting or an increase in absolute numbers of maternal deaths.

The saving mothers report (2002-2004) highlighted the important facts that non-pregnancy related infections, aids is still the leading cause of death.

Hypertensive disorders of pregnancy remains a common direct cause of a maternal death especially in the woman under the age of 24yrs and teenagers. If we emphasize the importance of family planning / contraceptive services, and termination of pregnancies (TOPS) services accessibility and availability we might reduce the deaths in this category.

Perennial problems noted from the previous tri-annual report (1999-2001) have not changed, especially a delay in seeking help viz. The first delay in recognizing the problem at home, second delay in decision making about health care facility, the third delay is transporting the mother to a health facility and the fourth delay in receiving good quality care on arrival at a health facility.

It would appear that safe pregnancy goes beyond the provision of good basic maternity. It requires extensive community involvement (community health workers, outreach personnel, volunteers, religious groups, educational institutions and the media) to provide woman with the relevant information, offer choices of care, identify those at risk and refer appropriately for professional care. Furthermore efforts to reduce poverty, to improve infrastructure and overall socio-economic should be acknowledged and be encouraged where they lack. Finally, the national committee for the confidential enquiry into maternal deaths (NCCEMD) has produced yet another report not to sensitize but to encourage and motivate us (health care workers and the community) to implement the key recommendations that will reduce maternal deaths and improve the health of our nation. As an active strategy to ensure that the recommendations are properly implemented, their implementation will be incorporated in the managers or people in key positions (key performance areas-KPA).
AIMS OF THE BOOKLET

❖ To highlight the big five causes of maternal deaths as reported by NCCEMD in the 2002-2004 report.

❖ Outline protocols to be followed in dealing with the above mentioned causes of maternal deaths.

❖ To ensure that the key recommendations are implemented by all health facilities dealing with woman’s health.
DEFINITIONS

According to the international classification of diseases, injuries and causes of death – 10th revisions, maternal death is defined as “the death of a woman while pregnant, or within 42 days of termination of pregnancy, from any cause related to or aggravated by the pregnancy or its management, but not from accidental or incidental causes”

**DIRECT** : Death resulting from obstetric complications of the pregnancy state (pregnancy, labour and puerperium) from interventions, omissions, incorrect treatment or from a chain of events resulting from any of the above.

**Indirect** : Deaths resulting from previous existing disease, disease that developed during pregnancy and which were not due to direct obstetric causes, but which were aggravated by the physiological changes of pregnancy.

**Co-incidental** : Deaths from unrelated causes which happen to occur in pregnancy or the Puerperium.

**Unknown** : Deaths during pregnancy or the puerperium where an underlying cause was not identified.
BIG FIVE (5) CAUSES OF MATERNAL DEATHS – PROTOCOLS -

1. Non – Pregnancy related sepsis/Infections (e.g.) HIV / aids
2. Hypertensive disorders of pregnancy
3. Obstetric hemorrhage
4. Pregnancy related sepsis, includes septic miscarriages and puerperial sepsis
5. Pre-existing medical illness/disease eg: Cardiac disease

COMMUNICABLE DISEASE – PROTOCOLS

1. Tuberculosis
2. Malaria
3. Urinary tract infection and sexually transmitted infections
SUMMARY OF KEY RECOMMENDATIONS  
(SAVING MOTHERS REPORT 2002-2004)

1. Protocols on the management of important conditions  
Causing maternal deaths must be available and utilized appropriately in  
all institutions where woman deliver. All midwives and doctors must be  
trained on the use of these protocols:

The following are key conditions of which relevant protocols must be  
available:

- Hypertensive disorder in pregnancy  
- Obstetric hemorrhage  
- Septic Abortion  
- Puerperial sepsis  
- Communicable diseases: STI, TB and Malaria  
- Resuscitation: Maternal and Neonatal  
- Non – Communicable diseases: Diabetes, mellitus and cardiac  
disease in pregnancy.

2. All Pregnant women should be offered information on, screening and  
appropriate management of non-communicable diseases.

- Sexually Transmitted Infections  
- Tuberculosis  
- Malaria  
- Urinary Tract Infections  
- Non-communicable diseases

3. Criteria for referral and referral routes must be established and utilized  
properly and utilized properly in all provinces.

4. Emergency transport facilities must be available for all pregnant and  
postpartum women and their babies with complications (at any site)

5. Staffing and equipment norms must be established for each level of care  
and for every health institution concerned with the care of pregnant  
women.

6. Blood for transfusion must be available at every institution where  
caesarian sections are performed.
7. Contraceptive use must be promoted through education and service provision and the number of mortalities from unsafe abortions must be reduced.

8. Correct use of the partogram should become the norm in each institution conducting births. A quality assurance programme should be implemented, using an appropriate tool.

9. Skills in anaesthesia should be improved at all levels of care, particularly level 1 hospital.

10. Women, families and communities at large must be empowered, involved and participate actively in activities, projects and programmes aiming at improving maternal and neonatal health as well as reproductive health in general.
PROTOCOLS

❖ CAUSES OF MATERNAL DEATHS
❖ LABOUR WARD PROTOCOLS
❖ MALARIA IN PREGNANCY
❖ TUBERCULOSIS IN PREGNANCY
❖ SEXUALLY TRANSMITTED INFECTIONS
❖ SYPHILLIS
❖ UTI
❖ INDICATIONS FOR INTUBATION
❖ MANAGEMENT OF HIGH SPINAL
❖ MANAGEMENT OF DIFFICULT NTUBATION
❖ RESUSCITATION OF THE MOTHER
❖ RESUSCITATION OF THE NEWBORN
“PROTOCOLS”

BIG ‘5’ CAUSES OF MATERNAL DEATHS IN SOUTH AFRICA

1. NON PREGNANCY RELATED SEPSIS, (mainly HIV/AIDS)

2. HYPERTENSIVE DISORDERS IN PREGNANCY

3. OBSTETRIC HAEMORRHAGE

4. PREGNANCY RELATED SEPSIS

5. MEDICAL DISORDERS IN PREGNANCY (mainly CARDIAC DISEASE)
1. NON PREGNANCY RELATED SEPSIS, HIV/AIDS

Common cause of deaths amongst these patients is chest infections and other opportunistic infections. e.g. TB

All pregnant mothers must be offered mandatory counseling and testing for HIV, and they should opt out.

HIV NEGATIVE

POST TEST COUNSELLING

HIV POSITIVE

- CD4 Count. (Results back within 2 weeks)
- CXR if symptomatic
- Inform about opportunistic infections
- Avoid invasive procedures

CD4 < 200

ARV Programme
Nutritional support
Counsel for TOP if < 12 weeks

CD4 > 200

PMTCT – Single dose
Nevirapine 200mg at onset of labour
INTRAPARTUM MANAGEMENT OF HIV POSITIVE PATIENT

UNIVERSAL PRECAUTIONS

- Avoid repeated vaginal examinations
- Vaginal lavage before and after an internal exam
- Avoid unnecessary episiotomy
- Avoid fetal scalp blood testing
- Avoid rupture of membranes
- If augmentation required – can be effected with intact membranes
- All patients with prolonged rupture of membranes or going for emergency caesarean section must receive therapeutic IV antibiotics for 5 days
- If assisted delivery necessary – Forceps are recommended (Discuss with the consultant)

POST DELIVERY

- Multivitamins and Vit A (200,000 IU orally stat)
- CD4 count every 6 months, if not on the programme
- Discuss feeding options.
- Breastfeeding should be exclusive for 6 months Contraception must be emphasized and effected.
2. HYPERTENSIVE DISORDERS IN PREGNANCY

Proper assessment of all pregnant mothers in the antenatal care, e.g. blood pressure, urine test, and weight measurements.

Patient @ clinic level: 140/90-105
Exclude s/s of imminent eclampsia
Aldomet 1g loading dose, then
500mg Q6hrly PO
Refer the patient to district hospital for MO assessment or to be seen by a visiting MO at the clinic.
BP = 160/110 or any proteinuric BP
MUST BE REFERRED TO LEVEL 2 HOSPITAL, LUDWMH.
BP =160/110, Refer the same day and call an ambulance
Aldomet loading dose, if BP still high after 1hr insert drip and pre load with 300ml R/Lactate, then give Adalat 10mg po orally, while waiting for an ambulance.

Single reading of DBP ≥ 110mmHg, or
BP ≥ 140/90 on 2 occasions 6hrs apart, ± Proteinuria ±
Significant weight gain
DBP = Diastolic blood pressure

Exclude signs and symptoms of imminent Eclampsia
Symptoms and signs
Headache
Blurring of vision
Epigastric pain
Hyperreflexia
Clonus
Epigastric

Mild: District Hospital
Bed rest
Aldomet 1g loading dose then,
500mg Q6hrly PO
FBC (Hb, PLT)
U&E, Urates
24hr urine protein
Fetal assessment: USS (liquor volume, weight, GA) & Doppler
If no maternal or fetal complications manage as outpatient.
Deliver at term (37 completed weeks).

Severe: Regional /Tertiary Hospital
DBP > 110mmHg or
Low platelets and abnormal LFT
Fetal compromise
Renal impairment

Bed rest
Drip, preload with 300ml R/Lactate
Aldomet 1g loading dose, then maintenance
If BP still high after 30mins give Adalat 10mg PO stat or consider Labetalol infusion: 200mg in 200 ml N/S @ 20ml/hr titrate against BP.
MgSO4 prophylaxis per protocol
FBC (Hb, PLT), U&E, LFT, Urates
NST, USS (liquor volume, weight, GA) & Doppler
Consider Delivery!!!
Discuss with Consultant at all times.
If for C/S the patients must be discussed with Anaesthetist at all times.
3. OBSTETRIC HAEMORRHAGE

Commonest cause of deaths amongst this group is postpartum haemorrhage. Best management is prevention.

Identify patients at risk

- Abruptio placentae
- Placenta praevia
- Previous PPH
- Prolonged labour
- Big baby
- Multiple pregnancies

**Pre delivery preparation:**
Ensure that the haemoglobin is at least $\geq 10\text{g/dl}$,
Insert a drip
If Hb is $< 8 \text{ g/dl}$ - Transfuse
Resuscitation equipment must be readily available

**Active management of third stage:**
Ensure the bladder is empty
Rub the uterus to effect contractions
Syntometrine 1amp IM at delivery of anterior shoulder (if not contraindicated)
Oxytocin infusion – 40u in 1L R/Lactate @ 30d/min.
Rectal Misoprostol 600mcg stat.
Repair any genital tears and Exclude ruptured uterus in a multipara
Monitor vitals: Colour, BP, P, Pad checks hourly.
Intake and output monitoring

**IN CASE OF EMERGENCY:**
**SEVERE BLEEDING OR SHOCKED PATIENT**

Call for help of senior personnel: earlier than late
Two IV line 16G / 18 G Needle, CVP monitor
Foley’s catheter to monitor urine output
Oxygen by mask – 40%
Fluids: Crystalloids and Voluven
Blood products: FDP’s
Packed cells, at least 4u
FBC (Hb, PLT), U&E, ABG, INR, PT/PTT
ONCE RESUSCITATED TREAT THE CAUSE
RPOC : EVACUATION
TEARS : REPAIR IN OT
DECISION FOR LAPAROTOMY $\pm$ HYSTERECTOMY MUST BE TAKEN EARLY
4. PREGNANCY RELATED SEPSIS

Most common is puerperal sepsis and septic miscarriages.

**Thorough patient evaluation is the key:**
History of interference should be emphasized in case of a miscarriage
Blood pressure, pulse, colour, respiratory rate, nasal flare, temperature, and urine output.
Respiratory system:? ARDS
Abdominal:? Peritonitis? Bowel sounds
Speculum: The **condition of the cervix**? Necrosis/Gangrene
Neurological: GCS, any confusion?

**Investigations:**
- FBC (Hb, PLT)
- U&E
- LFT
- CXR, ABG
- INR, PT/PTT
- U - MCS

**Management Principle:**
Admit to high care area
Discuss with the consultant
Resuscitation: Oxygen, IV line ±CVP, Foley’s.
Start IV antibiotics
Input and output monitoring

- Septic shock or
- ≥2 organ failure or
- Distended peritonitic abdomen or
- Mental confusion with abnormal blood gas

- Immunocompromised may not have overt abdominal signs.

- Stable patient
  - No peritonitis
  - No organ failure

- LAPAROTOMY ± HYSTERECTOMY
- 2 IV lines + CVP
- IV Antibiotics
- Arrange ICU care
- Discuss with the senior anaesthetist

- IV Antibiotics:
  - Augmentin 1.2g 8hrly IV
  - Gentamycin 240mg dly IV
  - Metronidazole 1g 12hrly PR
  - Analgesia: Indocid 100mg BD PR
  - Fluids: MRL 1L 8hrly IV
  - Monitor: BP, P, T, Urine output
  - ± EVACUATION by Senior doctor
  - Consider Colpopuncture
5. EXISTING MEDICAL DISORDER

Most common is cardiac disease in pregnancy.

<table>
<thead>
<tr>
<th>History</th>
<th>Obstetric and medical history, any cardiac illnesses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Examination</td>
<td>Blood pressure, pulse, respiratory rate, and colour, chest examination, listen for murmurs</td>
</tr>
</tbody>
</table>

5.1 ANTENATAL CARE OF A CARDIAC MOTHER

All patients should be evaluated at Regional or Tertiary hospital early in pregnancy.

- Grade the functional ability by NYHA classification
- Correct any anemia – Haematenics (repeat Hb at 36 weeks)
- Treat any UTI (U – MCS)
- Ensure the patient is not in cardiac failure (dyspnoea, orthopnoea, tachycardia etc)
- Exclude infective endocarditis (splinter haemorrhages, fever, splenomegaly etc.)
- All patients to be assessed by specialist Obstetrician, Physician, Anaesthetist, and Social worker.
- FBC (Hb, PLT), U&E, CXR, ECG, ECHOCARDIOGRAM
- No trial of labour in a cardiac, therefore mode of delivery must be determined antenatally
- (Ideally all primigravid mothers must have CT scan of the pelvis – assessment)
- Sterilization should be encouraged in patients with moderate to severe disease
- Anticoagulation in patients with valve replacement or stenotic lesion
- Ensure patient has easy access to health facility antenatally and during labour.

**If a patient is in cardiac failure:**

- Stabilize the mother first: Antifailure therapy
- Do not monitor the baby until the mother is stable
- Antifailure management: Oxygen by mask
  - Semi fowler’s position
  - Furosemide 40 – 80mg IV, then maintenance
  - Treat the precipitating factor
  - If severe and hypoxic – consider ventilation & ICU
5.2 INTRAPARTUM CARE OF CARDIAC MOTHER

RESUSCITATION TROLLEY MUST BE READILY AVAILABLE AND FUNCTIONAL
Semi Fowler’s position
Analgesia – preferably epidural if not contraindicated
Avoid repeated vaginal examinations
Delay artificial rupture of membranes
If augmentation is necessary – Concentrated oxytocin e.g. 10u in 200ml N/S titrated to contractions
Continuous fetal monitoring
Second stage of labour should be assisted – outlet forceps (Individualize)
Avoid unnecessary episiotomy
Avoid lithotomy position – the legs must be placed on the chair on either side with the knees slightly below the level of the hips.

5.3 POST PARTUM CARE OF CARDIAC IMMEDIATE AND INTERMEDIATE

HIGH CARE MANAGEMENT FOR 24 HOURS
Avoid syntometrine
Give syntocinon 5U IM and 5U IV
Furosemide 40mg IV stat, if patient not on treatment already
Antibiotics : Ampicillin 1g 8hrly IV
             Gentamycin 240mg dly IV
Anticoagulation : The need for anticoagulation should be discussed with the consultant post delivery.
Contraception and breastfeeding must be discussed.

5.4 DIABETES IN PREGNANCY

Gestational Diabetes (GDM): Patient diagnosed first time in pregnancy and resolving after.

Established Diabetes: Patient with known disease, either insulin dependant (type 1) or non insulin dependant (type 2). Therefore medical history is very important in evaluation of all pregnant women.
Which patients to be screened:
- Previous gestational diabetes
- Unexplained IUFD
- Increased body mass, > 90kg
- Glycosuria
- Previous big baby, > 4kg
- Fetal congenital abnormalities
- Polyhydramnios
- Family history of diabetes
- Women of Asian origin

Screening (SGTT): Irrespective of the last meal.
Give 75g of glucose diluted in 250ml of water.
Venous blood glucose must be taken an hour later.
If the level is < 7, 8 – repeat the test @ 28 weeks.
If the level is > 7, 8 – Book for a diagnostic test, FGTT.

Diagnostic test (FGTT): Patient must be starved.
Fasting blood glucose
Give 75g of glucose diluted in 250ml of water
Venous blood glucose must be taken at 1hr, 2hrs, and 3hrs.

O'Sullivan’s criterion is used:
Normal levels: Fasting : ≤ 5
1hr : ≤ 9
2hrs : ≤ 8
3hrs ≤ 7
If 2 or more of the levels are above normal, the patient is diabetic = GDM

5.5 Antenatal care of diabetic patient
Multidisciplinary approach
Admit to ward
Dietician consults re: diet management
Obstetrician / Physician / Anaesthetist / Social worker
Profiles: Twice a week
Pre and post prandial blood levels: Morning – 07h00 & 09h00
Evening – 16h00 & 18h00
Assess for maternal complications: Fundoscopy, feet assessment, CXR, ECG, 24hr urine protein, HbA1C, U – MCS.
Fetal assessment: USS (GA, EFW, AFI, Anomalies, Doppler) – every 3 weeks
If no control on diet for GDM – Commence insulin therapy
If no fetal or maternal complications – deliver @ 38 weeks
For known diabetics, the oral medication must be converted to insulin therapy
Patients can be managed as outpatient once the blood glucose is controlled and they know how to use the needles and syringes.
Patients must be counseled on signs of hypoglycemia and how to handle the situation.

INSULIN THERAPY:

Begin at 0, 6 u / kg / day
Adjust the doses according to profiles.
Combination of short acting (Actrapid / Humilin R) and intermediate acting (Humilin L / Protophane)
Total dosage: 2/3 morning - 2/3 Protophane
1/3 Actrapid
1/3 evening - ½ Protophane
½ Actrapid

5.6 INTRAPARTUM CARE

If patient is for induction the morning dose of insulin must be omitted.
All patients in labour must be on a sliding scale
A drip of 5% dextrose must be inserted
Foley’s catheter
Monitor blood glucose 1 hourly
Urine dipstick 1 hourly – ketones, glucose
U&E as baseline – K+
Input and output monitoring
If blood glucose is > 14mmol – change fluids to normal saline
Continuous fetal monitoring
C/section for obstetric indication
Paediatrician to be informed about a diabetic in labour and the baby should be assessed in nursery.
5.7 POST DELIVERY CARE

HIGH CARE FOR 12hours
Continue sliding scale
If normal birth: Commence treatment after 6hrs
   Adjust according to glucose control
If C/section: Commence treatment after 48hrs, once the patient is
   ambulant and eating

GDM – Must have OGTT after 6 weeks to exclude established disease
Contraception and breastfeeding must be discussed.
Established diabetics must be referred to their family physician for long term
care of the disease.
Discuss with Consultant

Assist vaginal Delivery

Ceasarean Section

NOT DELIVERED in 20min.

Reassure the mother
Rupture membranes, if intact
Oxytocin, if contractions inadequate.

Primigravida

Multipara

Is there Cephalopelvic disproportion/malpresentation/fetal distress?

YES

NO

Ceasarean Section

Senior Medical Officer to be involved at all times.
Discuss HIV + patients with the Consultant.

Nullipara>30min, Multipara>20min

Empty the bladder

Head not more than 1/5 palpable above pelvic brim
Confirm position of presenting part
Discuss with the Consultant

YES

NO

The management of obstetric patients at lower Umfolozi District War Memorial Hospital – Empangeni
Call for help, and inform Consultant
Resuscitation – Clear and protect airway
Insert drip and Foley's catheter
If fitting give Clonazepam 1mg IV slowly
Prevention of fits – MgSO4 according to protocols
BP control – Labetalol 200mg in 200ml N/S @ 20ml/hr, maximum of 160mg/hr or
Nifedipine 10mg PO
Investigation – FBC (Hb, PLT), U&E, LFT, ABG ect.
Assess the need for ventilation.

MODE OF DELIVERY

If
GCS > 13/15
Less than 3 fit
Controlled BP
Platelets > 100
Cervix favourable (Bishop > 7
No other obstetric complications
Delivery imminent in the next 6-8 hrs

YES

Vaginal delivery within 6-8 hrs
(Augmentation)

NO

Caesarean section
Discuss with Anesthetists
Type of Anesthesia
Experienced
Surgeon/Anesthetists

Post delivery is equally important!!!
Intake/Output
MgSO4 for 24 hrs
Optimise BP control, monitor biochemical profile
**ABRUPTIO PLACENTAE**

**Resuscitation**
Evacuate the uterus

**Live Baby, Confirm on USS**

- >1,5kg
  - >9cm dilated
  - Expedite delivery
    - Lithotomy position
    - Encourage to bear down

- 1,0-1,2kg
  - Discuss with consultant

**Intrauterine fetal death**

- Exclude
  - CPD/Malpresentation
  - Continuous resuscitation
  - And monitoring
  - Analgesia, Antibiotics
  - Controlled vaginal delivery
  - Grief counseling

**RESUSCITATION MANDATE:**

- **0-2hrs:** Crystalloids, R/Lactate at least 2L
  - Transfuse 2u blood urgently (total 4u PCD 2u as standard), 2u FDP

- **2-4hrs:** AROM, Mefoxin 2g IV stat
  - Morphine 10-15 mg IM/IV

- **4-6hrs:** If no progress, Oxyton cautiously

- **6-8hrs:** If not fully dilated or ready to deliver, discuss with the consultant.

**ALL CASES FOR OT MUST BE DISCUSSED**
**RESUSCITATION MUST BE CONTINUED AND MONITORED**

**PREVENTING OF POSTPARTUM HAEMORRHAGE**

- Give Oxytocin 5u at delivery of anterior shoulder
- Rub the uterus to effect contractions
- Expell all the clots
- Maintenance 40u oxytocin infusion in 1L R/Lactate at 30d /min
- Consider rectal Misoprostol 600mcg explore the genital tract immediately after delivery
- Repair any tears.
- Pad checks hourly for 6-12 hrs
PLACENTA PRAEVIA

Life threatening haemorrhage

NO

< 34 WEEKS

Mild or Moderate Bleeding

Expectant management
Optimize Hb > 10g/dl
Steroids
Treat any infections
Consider tocolysis

≥ 34 WEEKS

YES

Resuscitation Immediate delivery

Severe Bleeding

PREPARATION FOR CAESEREAN SECTION

Resuscitate well before operation
Haemoglobin must be > 10g/dl
All patients must be typed and screened (T/S)
Discuss all patients with the senior anaesthetist
General anaesthesia is advisable
Consultants must be informed
Experienced surgeon to conduct the operation
Call for help in time if necessary.

EVERY EFFORT MUST BE MADE AT ALL TIMES TO ASSESS FOR MORDID ADHERENCE BY MEANS OF SIMPLE DOPPLER COLOUR FLOW, IN THE ANTENATAL PERIOD.
PRETERM LABOUR

Cervix > 5cm

Allow labour to proceed.
(Individualize)

Cervix < 5cm

Exclude infection, abruption, iugr, and congenital anomalies.

< 26 weeks or < 900g

Tocolysis: Adalat 20mg PO, Then 10mg 6hrly PO
Steroids: Betamethasone 12mg 12hrly x 2 doses.

26 – 33 weeks

≥ 34 weeks

Allow labour to progress
Inform paediatricians
If diabetic mother – D/W
Consultant

Delivery after 34 weeks, if no infection.
NO DIGITAL EXAM

The management of obstetric patients at lower Umfolozi District War Memorial Hospital – Empangeni

Page 26 of 42
**INDUCTION OF LABOUR**

Exclude contraindications, malpresentation
CTG must be reactive
Consultant approved decision

**Favorable cervix (Bishop >7)**

NO

Ripen the cervix

YES

AROM and OXYTOCIN

**PRE-INDUCTION CERVICAL RIPENING**

**Po**

Misoprostol (vaginal)
50 mcg 6hrly x 4 doses

**P > 4**

Discuss with the Consultant

**P 1-4**

Misoprostol (oral)
200 mcg in 200 ml water, give
20 ml 2hrly x 3 doses, then
40 ml 2hrly x 2 doses, then
60 ml as last dose
MALARIA PROTOCOL

ALWAYS consider malaria infection in patients with:
- Anaemia
- Fever
- Positive travel history

Preventive Measures:
Pregnant women should avoid going to malaria endemic areas but if it is unavoidable the following measures can be taken.

Non Medical
- Avoid the outdoors at dusk
- Use insecticides
- Wear long sleeved clothing
- Sleep under insecticide treated net (where possible)

Medical
- Chloroquine (in non resistant areas) OR
- Erythromycin 500mg QID a week before traveling, then throughout stay and for 4 weeks after the trip.

TREATMENT

Uncomplicated Malaria Infection (Hb ≤ 6g/dl, parasitaemia count < 5%):
- Admit to ward
- Quinine 600mg TDS PO or IV if cannot tolerate oral x 7 days
- 4 hrly HGT in first 24hrs
- Co-artemesin can be used as a second line of treatment

Complicated malaria Infection (Hb<6, parasitaemia count > 5%, low GCS, renal impairment, jaundice, spontaneous hypoglycemia, severe thrombocytopenia < 50 000):
- Admit to ICU
- Consult with the Physicians
- Insert: CVP, peripheral lines and urinary catheter
- Bloods: FBC, LFT, U&E, Glucose & clotting profile
- Correct any electrolyte imbalances
- Do an ECG and maintain on ECG machine for the loading dose
- Give Quinine IVI

Quinine
300mg/ vial to be diluted in
200ml 5% Dextrose

Dose
Loading dose: 1.2g over 4 hrs (=50ml/hr)
After 8hrs: 600mg over 4hrs
Then 8 hourly x 1/52
- Monitor HGT 1 hourly
- ECG monitor
- Daily NST, if baby viable.

CONSIDERATIONS:
- IUGR
- SGA
ABNORMAL VAGINAL DISCHARGE

An attempt should be made to enquire about discharges on history and to use speculum to look for any lesion on the cervix.

Vaginal Candidiasis (itchy, cottage cheese discharge): Clomitrazole pessary 500mg PV stat.
Trichomoniasis (frothy, green, foul smelling): Metronidazole 400mg tds po x 7 days Clomitrazole pessary 500mg PV stat, in the first trimester.

Gonorrhea/Chlamydia (mucopurelent discharge): Ceftriaxone 250mg IMI stat, then Erythromycin 500mg qid po x 7 days.

If any difficulty in making a specific diagnosis syndromic approach will be acceptable:
Ceftriaxone 250mg imi stat
Metronidazole 400mg tds po x 7 days (Avoid in the 1st trimester)
Erythromycin 500mg qid po x 7 days

Ciprofloxacin and Doxycycline are contraindicated in pregnancy

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GENITAL ULCER DISEASE

Exclude herpes genitalia
Do RPR, HIV
Give benzathine penicillin 2.4mu IMI stat, then Erythromycin 500mg qid po x 5 days
If granulomatous in nature – punch biopsy to exclude TB.

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GENITAL WARTS

Do not treat them in pregnancy
Podophyllin is contra indicated in pregnancy.
Reassure the mother that the warts will be treated after pregnancy if they persist.
Consider ELCS, if the warts are big and obstructive.
Treat all infected warts.
SYPHYLLIS

It must be screened and treated routinely in the clinic.

**RPR**

![Flowchart]

- **Positive**
  - 1:16 or more
    - TREAT
      - **Positive**
      - **Negative**
    - Specific test: TPHA/FTA
      - **Positive**
      - **Negative**

- **Negative**
  - Encourage & Educate on safe sex
  - Repeat the test in 3 months.

**TREATMENT:**

Bicillin (benzyl penicillin) 2.4mu IMI weekly x 3 or

Procaine penicillin daily IMI x 10 doses (in patient). It is mainly for patients with no response to outpatient regimen and mothers in the late 3rd trimester without enough time to follow the outpatient regimen.

If allergic to penicillin, Erythromycin can be used, 500mg QID X 14 days.

Always screen for other sexually transmitted infections and offer syndromic management per protocols.
URINARY TRACT INFECTIONS

History is very important as part of screening.

Dipstick urine testing for protein, blood, leucocytes, and nitrites should be routine at antenatal visits.

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**TREATMENT:**

Nitrofurantoin 100mg QID X 7days PO or
Augmentin 375mg TDS X 7days PO

Encourage high oral fluid intake.

**RECURRENT UTI:**

Ensure that U-MCS results are reviewed and appropriate treatment is instituted. Consider prophylaxis: Nitrofurantoin 100mg dly PO until delivery and/or USS kidneys and ureters. Bilharzias must be excluded in all cases of haematuria.
INDICATIONS FOR INTUBATION AND VENTILATION IN ECLAMPSIA

1. POOR AIRWAY MAINTANANCE
   a. OVERSEDATION
   b. LARYNGEAL OEDEMA
   c. EXTREMELY SWOLLEN & OBSTRUCTIVE TONGUE

2. POOR SATURATION
   \[ \leq 92\% \text{ ROOM AIR} \]
   \[ \leq 95\% \text{ O}_2 \text{ MASK} \]

3. LOW GLASCOW COMA SCALE \( \leq 8 \)

4. PULMONARY OEDEMA

5. METABOLIC ACIDOSIS

6. UNCOTROLLABLE SEIZURES

7. UNCONTROLLABLE HYPERTENSION

8. RESTLESSNESS - INDIVIDUALISE
PROTOCOL FOR MANAGEMENT AND TREATING HIGH SPINAL

1. Treat hypotension when BP Sy. <100mm Hg a 25% drop in the pre induction value.
2. Have a freely flowing i.v line 18G or better 16G
3. Must have O₂ and equipment for ventilation (anaesthetic machine) checked and ready.
4. Drugs for resuscitation eg. ephedrine, phenylephrine, Atropine, Sux, Thiopent. Should be kept on hand
5. Put a wedge below the right buttock (Vacuolitre) or tilt the table 15 degree to the left
6. Most of the so called high spinals are actually due to hypotension leading to hypoperfusion of the brain stem to cause respiratory arrest

SIGNS OF HIGH SPINALS

- Difficult in breathing
- Difficult in speaking
- Weakness and tingling sensations in the upper limbs
- Nausea and vomiting
- Dizziness

IN EVENT OF HIGH SPINAL

1. Treat hypotension immediately with Vasopressors: ephedrine 5-10mg iv bolus. Repeat every 2-3min until BP normalizes, Or use phenylephrine 50-100 microgramme, OR Adrenalin 5 microgramme i.v bolus.
2. Increase i.v fluid rate
3. Give supplementary O₂ by face mask. If patient unable to breath then give IPPV with 100% O₂ with face mask (Assistant to give cricoid pressure in case of a pregnant patient)
4. If there is no improvement then secure airways by intubation. Give small doses of Thiopentone 3mg/kg OR propofol 1-2mg/kg followed by suxamethonium 1mg/Kg
5. Continue vasopressors till BP stabilizes
6. Ensure that patient is adequately sedated/anaesthetized while being ventilated

DRUG DILUTION

1. Ephedrine: 50mg in 1ml ampoule diluted to 10ml with water for injection = 5mg/ml
2. Phenylephrine: 10mg ampoule in 200ml of NS=50microgramme/ml
3. Adrenaline: 1mg ampoule in 200ml of NS = 5microgramme/ml
FAILED INTUBATION

Maintain cricoid pressure, ventilate with 100% oxygen

Fetal distress requiring immediately delivery

Ventilation easy

Volatile agent with 100% oxygen

Continue ventilation with cricoid pressure

Deliver the baby

Ventilation difficult

Insert laryngeal mask airway

Ventilation still difficult

Cricothyrotomy

Ventilation easy

Ventilation difficult

Minimal or no fetal distress

Wake the patient

Maintain Cricoid pressure
Do not turn the patient on her side
Do not administer additional doses of succinylchline
Advanced Life Support for Healthcare Providers

(Adult and Child)

Hazard?
Ensure scene is safe

Hello?
Check Responsiveness

Help!
Call for assistance and Defibrillator/AED

Open Airway
Remove visible foreign material
Look for adequate breathing
Breathing adequacy

Breathe
Give 2 effective (chest rising) breaths at 1 breath/second
(with or if available).
Feed for pulse for up to 15 seconds.
Is a definite pulse present?

Compressions
Compress chest at a rate of 100/min (almost 2 compressions/second)
Push hard / Push fast / Rescue roll chest - recoil / Minimum interruptions
CPR Ratio: 1-Rescuer = 30:2 and 2-Rescuers (Child) = 15:2
Continue until Defibrillator/AED available and ready

If time from collapse > 5 minutes without CPR,
first do 2 minutes of CPR before analyzing

Analysis Rhythm

Shockable
(VP/Pulseless VT)
Give 1 Shock
Biphasic 120-360J (4 x FEs)
Monophasic - 360J (4 x FEs)

Immediately resume CPR
for 2 minutes

During CPR
Check electrocardiogram position and content
Attempt/Verify:
- Tracheal intubation/Adjutants
- Vascular access
Correct Contributing Causes
Give Adrenaline - 1mg (0.01 mg/kg)
IV/IO every 4 min
Consider:
- Amiodarone - 300mg (5mg/kg) IV/IO
if VF/VT
- Atropine - 1mg (0.05 mg/kg) IV/IO every 4 min if bradycardia (up to 3 doses)
- Magnesium - 2g (2mg/kg) IV/IO if torsades or hypotension
Do not interrupt compressions unless absolutely necessary

Non-Shockable
(PEA/Asystole)
After 2 mins of CPR, if organized electrical activity returns, check pulse:
- If present - provide post-resuscitation care
- If absent - continue CPR

Do not interrupt chest compressions unless absolutely necessary

Resuscitation Council of Southern Africa
www.resuscitationcouncil.co.za
OVERVIEW OF RESUSCITATION IN THE DELIVERY ROOM

Place under radiant heater
(Suction trachea - if meconium)
Dry thoroughly
Remove wet linen
Position
Suction mouth, then nose
Provide tactile stimulation (optional)

Evaluate respirations

None or gasping

Spontaneous

PPV with 100% oxygen

Below 100

Above 100

BELOW 60

Continue Ventilation Chest Compressions

HR Not increasing
Continue Ventilation Chest Compression if HR below 80

60 - 100

HR Increasing
Continue Ventilation

Above 100

Watch for spontaneous respirations
Then discontinue ventilation

Evaluate colour

Blue

Pink or peripheral cyanosis

Provide oxygen

Observe and monitor

Empangeni Hospital Nursery - Neonatal Learning Site - District Hospital and Clinic Support Programme

The management of obstetric patients at lower Umfolozi District War Memorial Hospital - Empangeni

Page 37 of 42
REFERRAL: FOR CLINIC AND DISTRICT HOSPITALS

Patients to be referred: FOR ANTENATAL CARE AND DELIVERY

OBSTETRICS:
- Pre-eclampsia (proteinuric hypertension) remote from term
- Severe pre-eclampsia with organ involvement – any GA

PET:
- Hellps
- Oliguria / Anuria
- Pulmonary Oedema
- Imminent Eclampsia
- Thrombocytopenia without hellps

- Ideally all proteinuric hypertension patients at District
- Hospital must be discussed with the supporting level 2/3 hospital (LUDWMH) before
  they can be kept and managed there.
- Previous pre-eclampsia <34 weeks
- Chronic hypertension or renal disease
- Primigravida >35 and <16
- Symptomatic asthma
- Previous hysterotomy or classical caesarian section
- Previous cervical or vaginal surgery including cerclage
- Previous preterm births <34 weeks
- Previous perinatal deaths and / or recurrent pregnancy loses
- Previous myomectomy
- Previous infertility
- Autoimmune diseases
- Previous venous thromboembolic diseases eg: pulmonary embolus, dvt
- Psychiatric illnesses
- diabetics mellitus
- Cardiac disease in pregnancy
- Any medical condition that requires a specialist attention or specialized care
- Major degree placenta praevia
- Minor degree placenta praevia – small baby (premature)
- Previous scared uterus
• Any patient who is an anaesthetic risk eg.
  - Short neck
  - Kyphoscoliosis
  - Morbidly obese (wt >105kg)
• Abruption placentae with IUFD
• Complicated Eclampsia
  - Low GCS
  - Abn blood results
  - Restlessness
  - Oliguria / Anuria
  - Multiple seizures (x3)

• Preterm labour (ptl) < 32 weeks
• Premature rupture of membranes (prom) < 32 weeks –
• Any gestation with suspected AFIS
• Pueperial sepsis – might require surgical intervention

**CASES THAT CAN BE ANTENATAL AT LOCAL CLINIC BUT DELIVERED AT HOSPITAL**

• Primigravidas
• Previous post partum haemorrhage
• Previous LSCS
• Parity >5

All other cases can be discussed with the consultant at the referral centre on continuous bases.
Gynaecological Referral

Septic miscarriage – sick

TOP with co-existing medical disease as eg. cardiac

Abdomino-pelvic masses

Malignancy – Ovarian + Endometrium
Early cervical cancer
Clinically stage iib or more
Must be booked directly at IALCH (Durban)

All colposcopy cases – if not offered at the referring centre.

Urogynaecology and pelvic floor cases
- Incontinence
- VVF
- Fistulae
- Pelvic organ prolapse (pop)
- 3rd degree tears

Infertility and recurrent pregnancy losses

THESE ARE GUIDELINES; PROBLEM CASES CAN BE DISCUSSED ON CONTINUOUS BASES, WITH THE REFERRAL HOSPITAL.
REFERRAL CENTRE:

LUDWM HOSPITAL : (035) 9077000
HRC : (035) 9077176
LABOUR WARD : (035) 9077132
GOPD : (035) 9077158
SPECIALIST CLINIC : (035) 9077160 (MONDAY / TUESDAY)
EMERGENCY CALL : (035) 9077011

LOWER UMFOLOZI DISTRICT WAR MEMORIAL HOSPITAL
29 UNION STREET
PRIVATE BAG X20005
EMPANGENI
3880
allen.kambaran@kznhealth.gov.za
http://healthweb.kznhealth.gov.za/luwmhospital.htm

cfouric/ludwmh/emp/2006
The management of obstetric patients at lower Umfolozi District War Memorial Hospital - Empangeni

Page 42 of 42