

The Passion for Birth Pre-seminar worksheet:

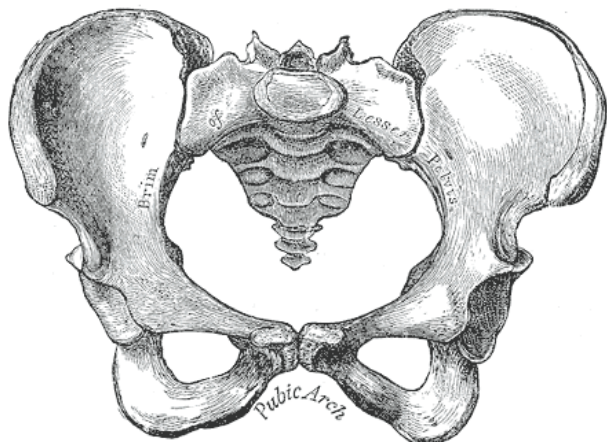


Label: placenta, uterus, amniotic sac, umbilical cord, cervix, vagina, bladder, intestines, stomach, mucus plug, rectum

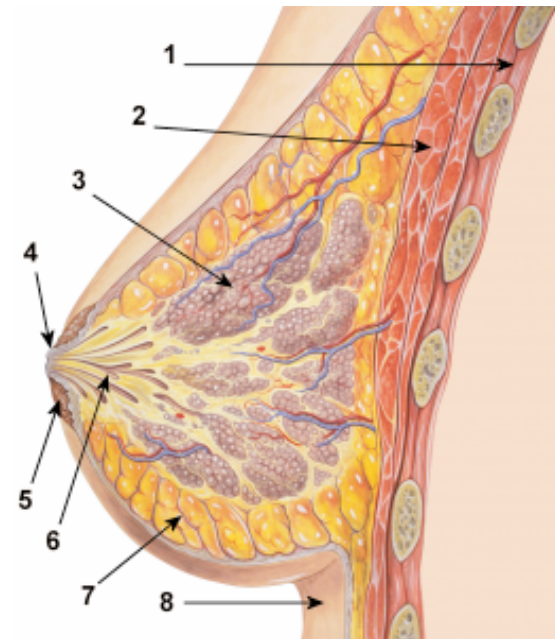
	List the Lamaze Healthy Birth Practices:
1	
2	
3	
4	
5	
6	

Fill in this table

		Length of STAGE	Describe contractions	Physical changes	Emotional response
Stage 1	Phase:				
	Phase:	---			
	Phase:	---			
Stage 2:	Phase:				
	Phase	---			
	Phase	---			
Stage 3:					



Label coccyx, sacrum, ileum, ischium, inlet, outlet, pubis



Label all the parts.

Check that you know the definition of these terms:

TERMS	DEFINITION
Amniocentesis	
Amnioinfusion	
Amniotomy	
Analgesia	
Anemia	
Anesthesia	
Anomaly	
Augmentation	
Auscultation	
Bilirubin	
Braxton-Hicks	
Breech	
Cardinal movements	
Cephalo-pelvic Disproportion	
Cerclage	
Circumcision	
Colostrum	
Crowning	
Diastasis Recti	
Dilation	
Doula	
Dopler	
Dystocia	

Ectopic pregnancy	
Edema	
Effacement	
Enema	
Engorgement	
Episiotomy	
Fetal Fibronectin test	
Folic Acid	
Forceps	
Freebirth	
Frenulum	
Fundus	
Gestational Diabetes	
Grand Multip	
Group B strep	
Hemorrhoids	
Hepatitis B	
Hormones	
Hyperemesis	
Hypertension	
Jaundice	
Kegels	
Lightening	
Linea Nigra	
Listeria	
Lochia	
Meconium	
Molding	
Near-term	

Nuchal Fold	
Penis	
Perineum	
Placental abruption	
Placenta previa	
Portable Telemetry Unit	
Postpartum	
Posterior position	
Precipitous birth	
Pre-eclampsia	
Premature	
Primip	
Progesterone	
Quickening	
Rh factor	
Round ligament	
Station	
Stillbirth	
Thrush	
Toxoplosmosis	
Transverse	
Vacuum	
Vericose veins	
Vernix	
Vitamin K	

List warning signs in pregnancy:

Describe how the due date is determined?

List the 12 most frequent tests done prenatally:

	Name of test	When done?	How done?	Screening or diagnostic	What do the results mean?
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

Abbreviations:

ACOG and OB/GYN	
APGAR	
AROM and SROM	
BPP	
CIMS	
CM	
CNM	
CPD	
EDC	
EFM	
HELLP	
HIV	
ICAN and LLI	
IUGR	
IV	
LM/RM	
LMP	
NICU	
NPO	
NST	
OA and OP	
O2	
PIH	
PKU	
SGA and LGA	
STI and STD	
TENS	
VBAC	
3 Rs	