Dystocia: Preparing for the Unexpected

**WebQuest Description:** This webquest is designed to show nurses how to be prepared for an emergency during labor. A calm natural birthing experience can turn into a life threatening emergency in seconds.

**Grade Level:** College / Adult

**Curriculum:** Health / PE

**Keywords:** Obstetrics, Dystocia, Shoulder Dystocia, Hypertonic Uterine Contractions, Pelvic Dystocia, Labor Complications, Labor and Delivery

**Published On:** 2013-03-11 07:28:11

**Last Modified:** 2009-02-16 07:26:53


---

**Introduction**

Are you a Labor and Delivery Nurse? A new Grad beginning a new career in Obstetrics? Do you need to understand or be refreshed on the three most common dystocias during labor? Well you have come to the right place. This webquest will help refresh your knowledge or educate you on what to expect during a dystocia such as Shoulder Dystocia, Feto-Pelvic Disproportion and Hypertonic Uterine Contractions.

**Tasks**

Dystocias involve the classic "P"s of labor: We present for you; PASSAGEN, PASSAGEWAY, and POWER. In the next section we want you to learn the nursing interventions key to successful outcomes for dystocias related to: PASSAGEN: Shoulder Dystocia; PASSAGEN: Feto-Pelvic Disproportion; PASSAGEN: Hypertonic Uterine Contractions. We suggest that you read the literature provided and print and share this information with your colleagues and coworkers. We have a couple of games and short videos to make this fun and interesting.

**Process**

We've introduced the P's, now it's time for you to learn how to be an effective and competent OB nurse when complications present themselves! Follow the links for the literature for a broader conversation of the nursing interventions needed.

**PASSAGEN: Shoulder Dystocia**

Most frequently defined as the inability to birth the shoulders of the infant whether it be anterior, posterior, or both, after the head has been delivered. Nursing interventions: Urgent action is required because of cord compression. Nursing responsibilities include the McRobert's Maneuver and the application of suprapubic pressure while the birth attendant applies traction, positioning the patient in the squatting or hands and knees position. If unsuccessful, prepare the patient for an emergency Cesarean Section. Reference Material: Video: Shoulder Dystocia: [http://www.youtube.com/watch?v=eq9n1WJPhF4](http://www.youtube.com/watch?v=eq9n1WJPhF4), McRobert's Maneuver: [http://www.youtube.com/watch?v=eq9n1WJPhF4](http://www.youtube.com/watch?v=eq9n1WJPhF4)

**PASSAGEN: Feto-Pelvic Disproportion**

Defined as a mismatch between the size or shape of the presenting part and the size or shape of the maternal pelvis and the soft tissue. Nursing interventions: If an unsuccessful maternal pelvis measurement did not disclose the mismatch, the L&D nurse must be prepared to 1) Assess for poor contractions and failure to progress, 2) Monitor the maternal bowel and bladder status to minimize soft tissue obstruction, being prepared to catheterize frequently and use cathartics to allow increased pelvic space and 3) If labor status doesn't improve prepare the patient for a Cesarean Section. Reference Material: [http://www.brooksidepress.org/Products/Military_OBGYN/Textbook/AbnormalLandD/fetopelvic_disproportion.htm](http://www.brooksidepress.org/Products/Military_OBGYN/Textbook/AbnormalLandD/fetopelvic_disproportion.htm), [http://www.aajog.org/article/S0002-9378(06)00693-4/abstract](http://www.aajog.org/article/S0002-9378(06)00693-4/abstract), Deovy Ebscohost Journal Search Engine.

**PASSAGEN: Hypertonic Uterine Contractions**

Defined as ineffectual, erratic, and uncoordinated contractions that involve only a portion of the uterus. Nursing interventions: Tocolytics and analgesics are first line interventions that promote normal labor patterns then bedrest and relaxation techniques are promoted as well as comfort measures which may include mild sedation. Nursing role of teacher is never more appropriate. The patient needs information about the dysfunctional pattern and full explanations of the interventions initiated. Reference Material: Deovy Ebscohost Journal Search Engine.

---

Dystocia: Preparing for the Unexpected

**WebQuest Description:** This webquest is designed to show nurses how to be prepared for an emergency during labor. A calm natural birthing experience can turn into a life threatening emergency in seconds.

**Grade Level:** College / Adult

**Curriculum:** Health / PE

**Keywords:** Obstetrics, Dystocia, Shoulder Dystocia, Hypertonic Uterine Contractions, Pelvic Dystocia, Labor Complications, Labor and Delivery

**Published On:** 2013-03-11 07:28:11

**Last Modified:** 2009-02-16 07:26:53

<table>
<thead>
<tr>
<th>Category and Score</th>
<th>Beginning 1 score 25%</th>
<th>Developing 2 score 50%</th>
<th>Very Good 3 score 75%</th>
<th>Exemplary 4 score 100%</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Webquest Tabs -</td>
<td>Read the tabs but didn't fully understand the ideas expressed</td>
<td>Understood most of the terms - accessed additional reference texts for the others</td>
<td>Understood the obstetrical concepts</td>
<td>Refreshed existing obstetrical knowledge with current trends and interventions</td>
<td>%25</td>
</tr>
<tr>
<td>(Worth 25 points total)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Literature Links</td>
<td>Scanned the articles</td>
<td>Read most of the articles, understood the terms</td>
<td>Read the articles understood the concepts and searched for additional articles on other types of dystocias</td>
<td>Motivated to seek information on related topics</td>
<td>%55</td>
</tr>
<tr>
<td>(Worth 55 points)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Quiz</td>
<td>Scored &lt; 3 correct answers w/o checking answer key</td>
<td>Scored 4 or 5 correct answers w/o checking answer key</td>
<td>Scored 6 or 7 correct answers w/o checking answer key</td>
<td>Scored 8-10 correct answers w/o checking answer key</td>
<td>%20</td>
</tr>
<tr>
<td>worth 10%</td>
<td>Did not attempt</td>
<td>Left over half empty</td>
<td>Left &gt; 25% empty</td>
<td>Completed</td>
<td></td>
</tr>
<tr>
<td>(Worth 10 points)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crossword</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>worth 10%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overall Score</td>
<td>25-40 out of 100</td>
<td>40-60 out of 100</td>
<td>60-80 out of 100</td>
<td>80-100 out of 100</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Total Score %100</td>
</tr>
</tbody>
</table>

**Conclusion**

OK OB nurses!!! By this time you've read some or all of the literature and have learned about your role in these crises situations and will have a firm foundation to initiate interventions that will assist in a positive outcome for your patients. Congratulations on your successful navigation through this webquest.

**Teacher Page**

This webquest was designed to give a condensed view of labor dystocias. The literature provided expands in great detail the depth these dystocias reach. Orientation seminars for new Obstetrical nurses would benefit greatly by presenting this material in a tabletop discussion group. The games attached reflect directly on the literature material and can be used to reinforce the topics and to assign grades, if warranted.

**Standards**

**Credits**

**Other**