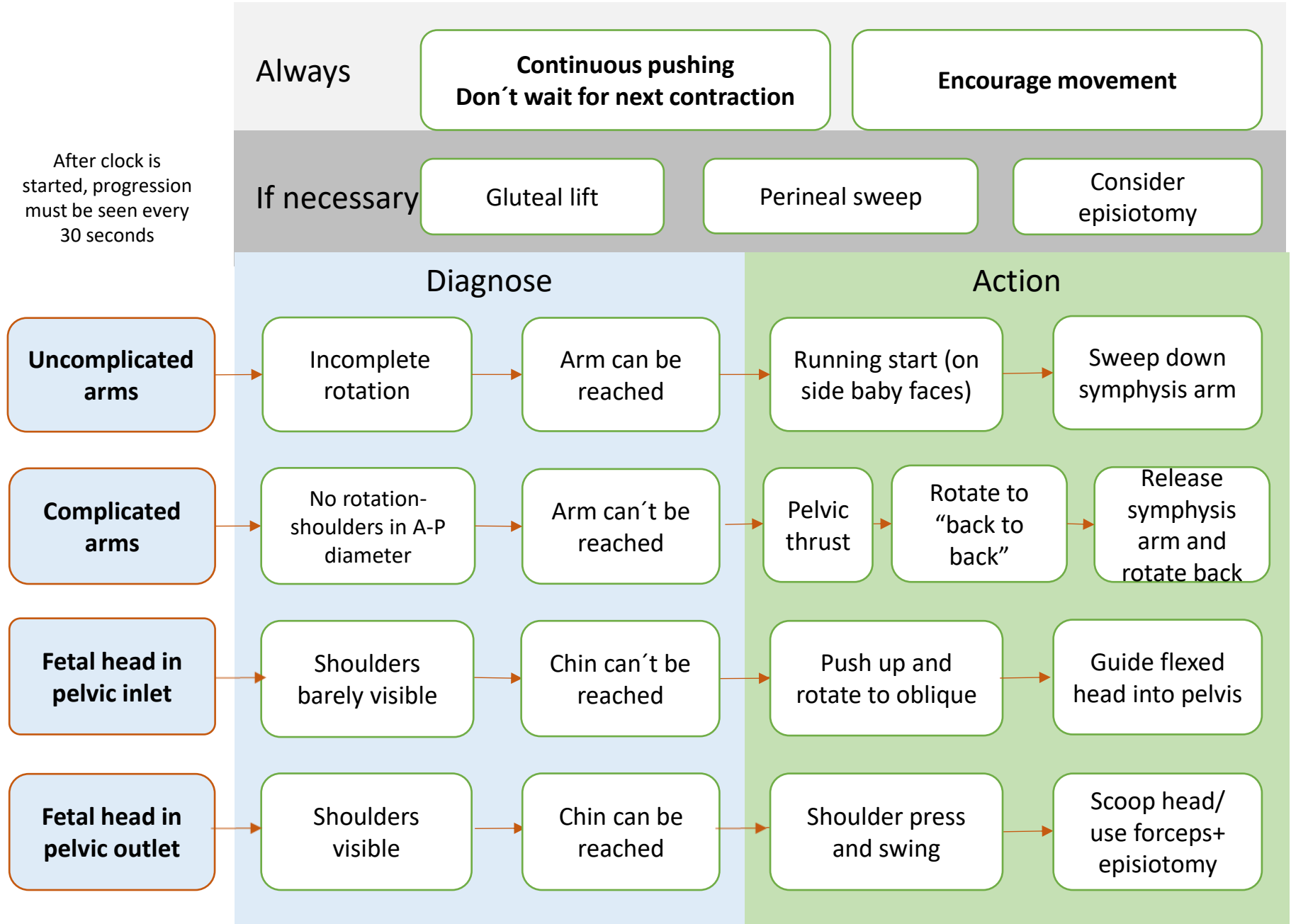


UPRIGHT BREECH BIRTH – 5 MINUTES

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Designed by Shawn Walker, RM PhD
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Main principles in upright breech birth

- Always experienced team
- CTG
 - Always fetal electrode
 - Always good resources before the 5 minutes start
 - In case of bradycardia- take 2 minutes to get to "the white line" OR do cesarean section
 - Push continuously from the 5 minutes start
 - 5 minutes to birth from "the white line"
 - Take time every 30 seconds
- Labour
 - Standing, kneeling or squatting- increases pelvic diameter and uses gravity + flexion of the head
 - Movement- helps rotation and descent
- Flowchart
 - Diagnose together BEFORE any hands on action

Physiological Breech Birth Algorithm

The algorithm is free to use, provided it is used unchanged and one of the following publications is referenced:

Walker S, Parker P, Scamell M (2017) Expertise in physiological breech birth: A mixed methods study. Birth.

Walker S, Reading C, Silverwood-Cope O, Cochrane V (2017) Physiological breech birth: Evaluation of a training programme for birth professionals. The Practising Midwife. 20(2): 25-8.