



CLINICAL PRACTICE GUIDELINE

Maternal Assisted Caesarean Birth

This document should be read in conjunction with the [Disclaimer](#)

Aims

- To enable women to assist in the birth of their baby at an Elective Caesarean birth.
- To maintain a sterile field throughout the procedure

Key Points

- Women requesting a maternal assisted Caesarean birth shall be individually interviewed by the Medical Director Obstetrics regarding their eligibility for this procedure.
- Maternal assisted Caesarean Birth shall only be considered for women undergoing an Elective Caesarean Section.

Equipment

- Scrub brush
- Non medicated soap if performing a surgical rub. Chlorhexidine if performing a surgical scrub.
- Surgical alcoholic hand rub.
- Sterile drape small x 1.
- Long manual removal gloves.
- Short surgical gloves

Procedure

Pre-operative Preparation

1. Ensure the woman is first on the operating list for that day.
2. Explain the procedure to the woman and her support person.
3. The woman will require individual consultation with
 - The Anaesthetic Consultant or Senior Registrar on the day of booked surgery.
 - Theatre Staff Development Nurse.

Consider meeting the woman in Preadmission Clinic. Meeting with the theatre CDN is advised so that education can be provided on the procedure and the woman's role. This is essential for co-operation during surgery.




4. Instruct the woman on nail and hand preparation prior to transfer to the operating theatre. Alcohol rub will be used prior to the donning of the sterile gloves to ensure minimal risk of infection.

In the Operating Theatre

1. Give the woman an eye shield. This can be removed after prepping. The shield protects the woman's eyes from potential splash injury from the prepping agent.
2. The surgical team shall double glove as per the recommended practice for all procedures.
3. Remove the woman's gown prior to prepping. The prepping area starts from under the breasts.
4. Replace the gown with a small warm blanket to cover the chest area.
5. The instrument nurse shall be given long length manual removal gloves and sterile short surgical gloves for the patient.
6. The woman shall be given instructions from the theatre staff to minimise the risk of infection
 - Alcohol rub will be applied to the woman's hands and arms below the elbows and allowed to air dry.
 - The long gloves and surgical gloves shall be applied to the patient by the circulating nurse. The circulating nurse must wear sterile gloves to do this.
 - Lift the woman's arms sideways from the table as the caesarean drape is applied. The drape shall not be used as a screen to enable the woman's involvement.
 - Fold the woman's arms over the caesarean drape.
7. The surgeon shall instruct the woman to move her hands down to help birth the baby.
8. When the woman has a fixed hold on her baby and it has been passed over to her and the cord cut, the drape may be raised and used as a screen to give privacy to the woman and maintain an aseptic field.
9. Continue as per Caesarean birth guidelines

Related WNHS policies, procedures and guidelines

Caesarean Section: Midwives Attending

Keywords:	maternal assisted caesarean, elective caesarean, woman assists birth at caesarean		
Document owner:	OGID		
Author / Reviewer:	Clinical Development Nurse :Theatre		
Date first issued:	December 2008		
Last reviewed:	September 2016	Next review date:	September 2019
Endorsed by:	OGID Management Committee	Date:	
Standards Applicable:	NSQHS Standards: 1  Clinical Care is Guided by Current Best Practice 2  Consumers 3  Infection Control		

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