## **Physiological Breech Birth Algorithm** © 2018 Breech Birth Network, breechbirth.org.uk Designed by Shawn Walker, RM PhD Steady progress & No interference perineum between mins YES **Breech remains** visible on the Reassuring fetal heartrate contractions Quiet, calm, warm support Continuous pushing / **Encourage spontaneous** CS **NO** / not known V episiotomy / perineal sweep maternal movement Rotation to sacrum Sternal crease / Spontaneous anterior begins cleavage birth expected 5 mins Birth of the (bitrochanteric diameter) *after* birth of pelvis buttocks Incomplete Running Sweep down anterior arm V (on side baby faces) Rotation start No rotation -Rotation using prayer hands Release anterior arm mins Pelvis & shoulders Birth of the umbilicus / shoulder girdle grip and rotate back remain in A-P diameter 3 Guide head Fetal head extended at V Elevate occiput pelvic inlet into pelvis & & Rotate in A-P diameter realign Fetal head in mid-pelvis Shoulder press, Shoulder press, Birth of the Rocking or outlet / thumbs fingers fetal head head deflexed or delayed below clavicle below clavicle If not immediately Lithotomy Maternal Scoop & flex forehead effective buttock lift / forceps

## **Physiological Breech Birth Algorithm References**

This 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

Re: Breech teams, breech specialists, increasing the rate of vaginal breech birth, generative expertise

Walker S, Scamell M, Parker P (2017) Deliberate acquisition of competence in physiological breech birth: A grounded theory study. Women & Birth

Re: Breech teams, understanding mechanisms, team review of births

Walker S, Breslin E, Scamell M, Parker P (2017) Effectiveness of vaginal breech birth training strategies: an integrative review of the literature. Birth. 44(2):101-9.

Re: Teaching physiological breech as 'complex normality', increasing breech births

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.

Re: Training based on mechanisms, videos, upright birth position

Walker S, Scamell M, Parker P (2016) Principles of physiological breech birth practice: A Delphi Study. Midwifery. 43:1-6.

Re: Encouraging spontaneous maternal movement, breech teams, breech birth in water

Walker S, Scamell M, Parker P (2016) Standards for maternity care professionals attending planned upright breech births. *Midwifery*. 34:7-14.

Re: Manoeuvres used for physiological breech births, maintaining case records, initial resuscitation with umbilicus intact