



# RECOMMENDED ANTENATAL LESSON PLAN



This is a recommended lesson plan. It covers the key points relating to upright birth and the use of the CUB

Any queries regarding the lesson plan should be directed to CUB HUB:

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## LEARNING OBJECTIVES

By the end of the this CUB antenatal session, you will be able to:

1.	State the benefits of upright labour and birth for mum and baby
2.	Demonstrate basic anatomy of the maternal pelvis and its relevance in childbirth
3.	Identify optimal positions for labour and birth
4.	Identify key features and benefits of utilising the CUB support

## RECOMMENDED LESSON TIME:

30 minutes – can be extended to suit your own teaching preferences

TIME	CONTENT	RESOURCES
5 mins	<p><b>INTRODUCTION</b></p> <ul style="list-style-type: none"> <li>• Introduction to the concept of upright labour and birth                             <ul style="list-style-type: none"> <li>- Research shown being upright and mobile in labour and birth can lead to better outcomes for mum and baby – <i>choose an appropriate headline statistic</i> <i>E.g. increases available space in the pelvis by 28-30%, giving baby more room to be born.</i></li> </ul> </li> <li>• Brief introduction to the <b>COMFORTABLE UPRIGHT BIRTH support (“the CUB”)</b> <ul style="list-style-type: none"> <li>- CUB invented by highly experienced midwife</li> <li>- adaptation of the traditional birth stool and birthing ball</li> <li>- used to facilitate and support maternal position changes through labour <b>AND</b> birth</li> <li>- Unpack and inflate the CUB to show how it is done</li> </ul> </li> <li>• Discuss key learning objectives for this CUB session</li> <li>• Address any client issues/concerns</li> </ul>	

TIME	CONTENT	RESOURCES
5 mins	<p><b>BASIC ANATOMY OF PELVIS</b></p> <ul style="list-style-type: none"> <li>• Use plain language to highlight key aspects – refer to pelvis anatomical model and labelled diagram provided (<i>REFER TO ADDITIONAL NOTES</i>)</li> <li>• Relate to pregnancy and mechanism of labour – show short CUB animation (and/or demonstrate with pelvis &amp; doll/10cm ball) (<i>approx. 4 mins</i>)</li> </ul> <p><a href="http://www.cub-support.com/watch-the-cub-animation/">http://www.cub-support.com/watch-the-cub-animation/</a></p>	<ul style="list-style-type: none"> <li>• Pelvis model (&amp; doll/10cm ball)</li> <li>• Labelled pelvis diagram</li> <li>• Access to media playback source</li> <li>• CUB animation</li> </ul>

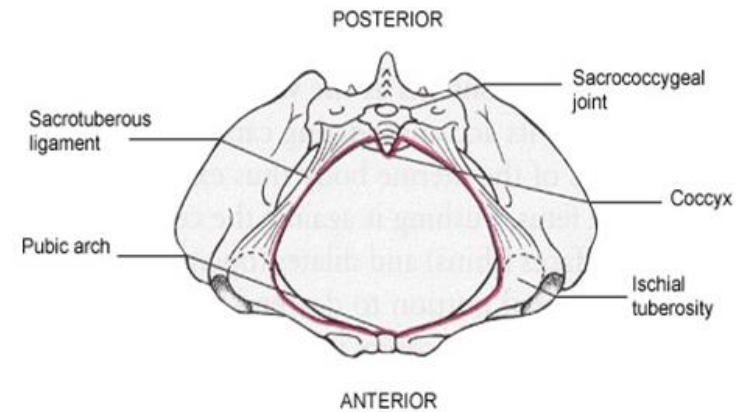
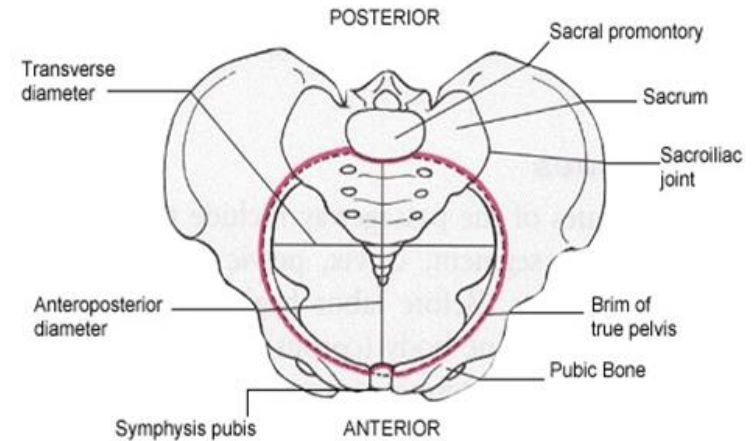
**BASIC ANATOMY OF PELVIS**

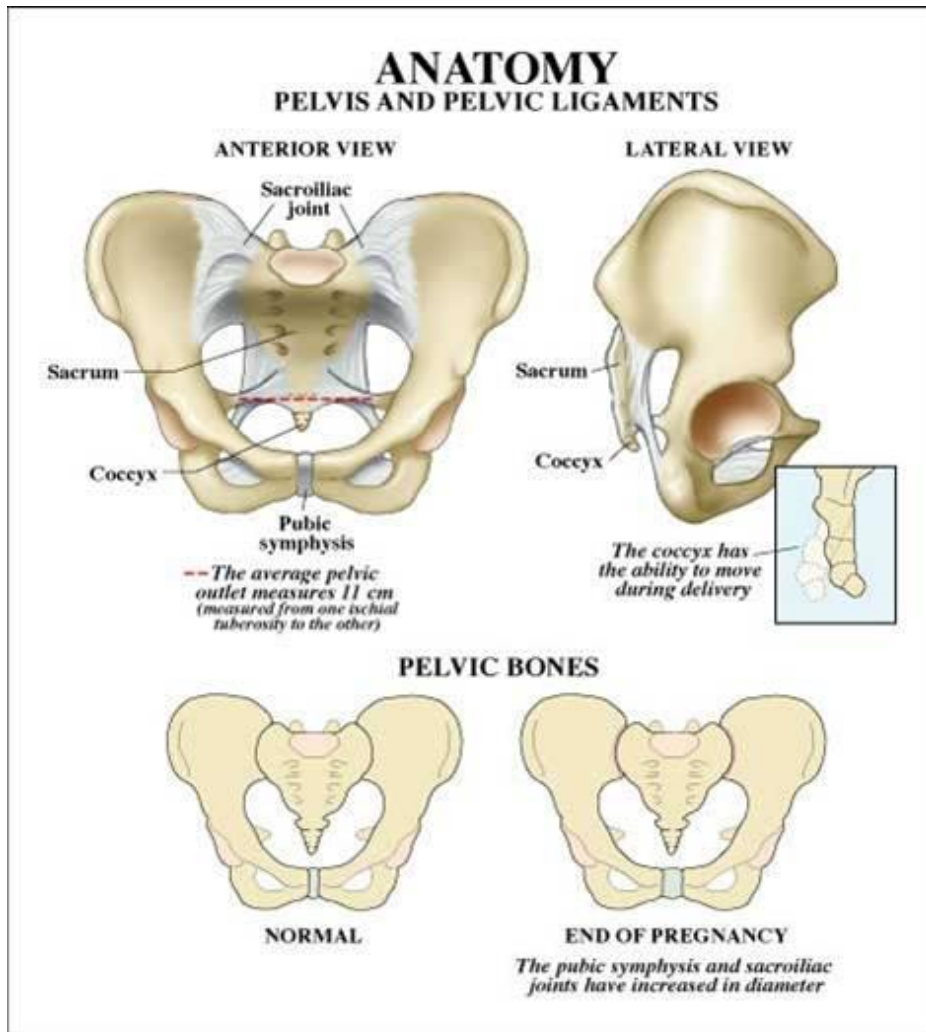
Dispel common myths surrounding body size versus pelvis size and the woman’s ability/inability to birth

Identify the key landmarks of pelvis - refer to anatomical model & diagram

**INCLUDE:**

- symphysis pubis
- sacrum
- coccyx
- pelvic inlet
- pelvic cavity
- pelvic outlet





[http://www.shoulderdystociainfo.com/images/anatomy\\_pelvis.htm](http://www.shoulderdystociainfo.com/images/anatomy_pelvis.htm)

TIME	CONTENT	RESOURCES
5 mins	<p><b>OPTIMAL POSITIONS FOR LABOUR AND BIRTH</b></p> <p><b>Research in plain speak language - can use CUB leaflets as a guide</b></p> <ul style="list-style-type: none"> <li>- briefly discuss the research</li> <li>- utilise the CUB professional guide summary if required</li> <li>- Ensure you are familiar with the recommended reading &amp; research links</li> </ul> <p><b>Provide examples of upright positions – have CUB posters displayed</b></p> <p><b>Reiterate why upright more beneficial to mum &amp; baby – “Better for Mum, better for baby”</b></p> <p>Being upright in labour &amp; birth can:</p> <ul style="list-style-type: none"> <li>- increase available space in the pelvis by 28-30% i.e. baby more room to be born</li> <li>- reduce incidence (54%) of abnormalities with baby’s heart rate</li> <li>- improve effectiveness of uterine contractions</li> <li>- lead to shorter first stage labour (3-10cms)</li> <li>- lead to shorter second stage</li> <li>- Reduce rate of assisted deliveries (21%)– more space, less distress, shorter labours = <b>less need for interventions</b></li> <li>- Reduction in episiotomy rates (21%)</li> <li>- Reduction in emergency section rates (29%)</li> <li>- Reduced need for epidural</li> <li>- Less vulvar oedema (swelling) and improved perineal integrity</li> </ul>	<ul style="list-style-type: none"> <li>• CUB Professional Leaflet</li> <li>• CUB Poster</li> <li>• Summary table</li> </ul>

TIME	CONTENT	RESOURCES
10 -15 mins  <i>Class Activity &amp; CUB Overview can be combined or split – depending on your preference</i>	<p><b>CLASS ACTIVITY - Introduction to the CUB</b>                      Ask mothers to be and partners to use CUB to demonstrate how they could utilise it during their own labour and birth.</p> <p>Will depend on resources/space available &amp; willingness of attendees to participate. However should encourage team work &amp; give them opportunity to test drive the CUB  <i>(With the view these are your potential CUB customers)</i></p>	<ul style="list-style-type: none"> <li>• No of CUB(s)</li> <li>• Availability of adequate space</li> </ul>
	<p><b>CUB OVERVIEW</b>  <b>During the group activity, bring together all key points</b></p> <ul style="list-style-type: none"> <li>• What is the CUB – product spec &amp; reaffirm why the CUB was invented</li> <li>• Discuss the significant features &amp; benefits of the CUB – including safety &amp; cleaning</li> <li>• Relate benefits to what learned in session so far – to “support” position changes &amp; upright, mobile positions</li> <li>• Alternatives? <i>Ask attendees for examples</i> <ul style="list-style-type: none"> <li>– Including discussion surrounding advantages &amp; disadvantages of traditional birth stools &amp; birthing balls <i>(Could display comparison table)</i></li> </ul> </li> <li>• Discuss possible situations where it is not appropriate to use the CUB</li> </ul>	<ul style="list-style-type: none"> <li>• CUB Cleaning Guide</li> <li>• CUB User Guide</li> </ul>



**CUB OVERVIEW**

**CUB – COMFORTABLE UPRIGHT BIRTH support**

- Modern, innovative product designed by midwife
- Adaptation of the traditional birth stool and birthing ball
- To encourage upright positions in labour and birth

**CUB PRODUCT SPECIFICATIONS**

<b>Maximum user weight</b>	120kg	Suitable for majority of pregnant women
<b>Product weight</b>	2kg	Portable, small, lightweight
<b>Material</b>	0.500mm Biocompatible PVC	Durable, easy to clean
<b>Construction</b>	Double layered thickness seat & floor covering	Soft, comfortable
	Two separate inflation valves/chambers	Adaptable, versatile, suited to labour & birth
<b>Compliance</b>	Complies with EN71	Safe
<b>Cost</b>	£120 + P&P	Affordable alternative – could compare to other products & pregnancy related services

**CLEANING – Refer to CUB Cleaning Guide**

- Easy to clean using antibacterial spray or wipes or diluted bleach solution

**SAFETY FEATURES**

- Double layer on both the top and bottom sides - minimises the risk of puncture on the surfaces that have most direct contact.
- 2 Separate inflation valves and chambers - to prevent the whole product form deflating suddenly due to puncture.
- Large, stable base that has been ergonomically designed to promote comfort and stability.

TIME	CONTENT	RESOURCES
5 mins	<p><b>QUESTIONS &amp; ANSWERS</b></p> <p>Address any questions, queries or concerns regarding, upright birth, CUB &amp; its uses.</p> <p><i>Think about what mothers and partners likely to ask you and be well prepared to answer. If unsure or wish to clarify anything – get in touch with CUB HUB.</i></p>	
	<p><b>CONSOLIDATION</b></p> <ul style="list-style-type: none"> <li>• Return to learning objectives – have they been achieved in the session?</li> <li>• Ask for feedback on session</li> <li>• Hand out CUB information materials and your unique CUB code to enable them to order</li> </ul> <p><b>Signpost to your CUB Code</b> (if applicable) – if they wish to purchase a CUB they will get \$5 discount using your code</p>	<ul style="list-style-type: none"> <li>• CUB leaflets /materials</li> <li>• Website link</li> <li>• Session feedback forms</li> </ul>