



Knowledge revision test and answer notes



THANK YOU FOR YOUR INTEREST IN TEACHING THE USE OF THE CUB

It is important to that you have good knowledge and understanding of the how the CUB is used as well as its features and benefits. This will enable you to teach more effectively about its use with the aim of promoting upright positions for birth.

This revision test is a focused method that will provide you with all the necessary information you will need to answer questions about the CUB and its use in pregnancy, labor and birth. Completing it is only for your own use as an easy way to revise information. We hope that you find it useful.



Question 1 😊
What is the Comfortable Upright Birth (CUB) support?

a) A young member of the Boy Scout training program?	
b) A cuddly looking young animal, usually related to large cats or bears?	
c) A modern, innovative and simple to use support designed to promote Comfortable Upright Birth positions, with aim of achieving greater comfort and better birth outcomes?	

Question 2
List 5 upright positions that can be adopted during labor and birth (with or without the CUB)

Question 3
According to current research, list the main advantages to labouring upright and/or giving birth upright



Question 4

According to the current research and evidence available, upright birthing positions can:

(i) Decrease number of assisted deliveries/births (such as forceps and ventouse) by:	a) 3%	
	b) 13%	
	c) 23%	
	d) 53%	
(ii) Increase the space in the mother's pelvis by up to:	a) 5%	
	b) 10%	
	c) 30%	
	d) 70%	
(iii) contribute to a reduction in episiotomy rates by:	a) 1%	
	b) 21%	
	c) 50%	
	d) 80%	

Question 5

**What are the potential disadvantages and limitations of using a birth/Gym ball or traditional type birth stool made from wood, metal or moulded plastic?
(NOTE: the CUB is NOT a birth ball or traditional birth stool!)**



Question 6

The CUB facilitates optimal positioning during labour and birth by:

- a) Supporting users to achieve optimal yet adaptable upright positions
- b) Providing opportunity to achieve safer, easier and more comfortable birth
- c) Encouraging active and **spontaneous** position changes
- d) All of above
- e) None of above

Question 7

Name at least 6 beneficial ways to use the CUB effectively in labour and birth:

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Question 8

How does temperature effect the CUB?

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Question 9

What is the CUB's maximum user weight?

(a) 50kg

(b) 80kg

(c) 120kg

(d) 160kg

Question 10

(a) What are the recommended products for cleaning the CUB?

(b) Describe the correct method for cleaning the CUB:

Question 11

How many inflation valves and chambers does the CUB have?

(a) 4

(b) 2

(c) 3

(d) 1

Question 12

What material is the CUB made from?

Bio compatible PVC

Leather

Rubber

Wood



Question 13 Who invented the CUB and why?	A medical device manufacturer to add to their product list	
	Invented by a UK registered midwife to create a support that encouraged more upright positions in labour and birth for more birthing people	
	An obstetric equipment designer to sell the invention to a manufacturer	

Question 14
List at least 6 of the main safety features of the CUBs construction that promotes safety

Question 15
What are the main benefits of the CUB for users?



**THANK YOU FOR COMPLETING THE QUESTIONS.
Now check your answers below**

Revision test answers

Q1.

What is the Comfortable Upright Birth (CUB) support?

- **C.**

Q2.

List 5 upright positions that can be adopted during labor and birth (with or without the CUB)

- Kneeling (and variations of)
- Standing
- Squatting
- Sitting upright (at more than a 45% angle)
- Hands and knees (all fours)

Q3.

According to current research, list the main advantages to the mother and baby of labouring upright and/or giving birth upright

- Benefit of gravity to help descent of baby
- More effective contractions
- Shorter labour
- Improved oxygenation of the baby in utero - vena cava and aorta not compressed by pregnant/gravid uterus
- Increased pelvic diameters, especially whilst squatting
- Less maternal pain
- Greater satisfaction
- Fewer episiotomies
- Fewer instrumental deliveries/births
- Reduced need for epidural
- Reduction in need for emergency caesarean section
- Increased feeling of maternal control
- Increased partner involvement

Q4.

According to the current research and evidence available, upright birthing positions can:

- **i) c**
- **ii) c**
- **iii) b**



Q5. What are the potential disadvantages and limitations of using a 'birth ball' or traditional type birth stool made from wood, metal or moulded plastic?

(NOTE: the CUB is NOT a birth ball or traditional birth stool!)

Traditional Birth stools

- Should only be used for a limited amount of time (to avoid perineal congestion)
- Can only be used by those with full mobility
- Research studies have shown an Increase in estimated blood loss greater than 500mls
- Maternal fatigue
- Research shows an increase in 2nd, 3rd and 4th degree perineal trauma
- Can be uncomfortable and hard for users
- Can only be effectively used for sitting on it

Birth/Gym Balls

- Requires full and active mobility to maintain balance
- Difficult to maintain a clean surface (balls roll and tend to be moved around a lot)
- Birth balls/Gym balls are not made of biocompatible material so should not be in prolonged contact. They are manufactured using inexpensive PVC that have high levels of plasticisers. Plasticisers are used to make a material like PVC softer and more flexible as well as cheaper to manufacture. The most common plasticisers used for PVC are phthalates. These are toxic to various organs, including the reproductive system, pulmonary, central nervous system, immune system and liver. Toxic reactions are also reported involving inflammation and cancer. <https://www.sciencedirect.com/science/article/pii/S0306987709007890>

Q6.

The CUB facilitates optimal positioning of the mother during labour and birth by:

- **D**

Q7.

Name at least 6 beneficial ways to use the CUB effectively in labour and birth:

- Kneeling
- All fours
- Squatting
- Sitting upright
- Partner Support
- Midwife Support
- Resting
- Leaning on a bed
- On the bed (with one chamber deflated)
- Lateral positions



Q8.

How does temperature effect the CUB?

- The CUB should only be inflated when it has been stored at room temperature for **at least 4 hours**. Inflation at cold temperatures may cause cracking of the material and damage to the CUB. **The CUB needs regular ‘top ups’ of air if left inflated. This is because the material stretches and contracts dependent on ambient room temperature as well as the weight of users and how long it is used for in an individual session of use. This is expected and is normal.**

Q9. What is the CUB’s maximum user weight?

- **C.**

Q10. What are the recommended products and method for cleaning the CUB?

(a)

Individual users:

- Antibacterial spray or wipes
- Diluted bleach solution

Healthcare professionals:

Must always wear PPE & thoroughly cleanse between users

Suitable cleaners:

- Antibacterial spray or wipes
- Sporocidal spray or wipes
- Hypochlorite

(b)

Describe the correct method for cleaning the CUB:

WHILST THE CUB IS STILL INFLATED

- Rinse off all visible surface contamination with clean water, paying attention to the seams and valves until it looks clean all over, including the base
- Dry the CUB with clean disposable cloth, such as household kitchen towel
- Spray with antibacterial cleaner, a bleach solution or wipe thoroughly with antibacterial household cleaning wipes
- Allow CUB to air dry completely before deflating and storing

Q11.

How many inflation valves and chambers does the CUB have?

- **B.**



Q12,

What is the CUB made From?

- Bio-compatible PVC

Q13

Who invented the CUB and why?

- Invented by a Midwife to create a product that encouraged more upright positions during labour and birth for more birthing people

Q14

List at least 6 of the main safety features of the CUBs construction that promotes safety

- Made from Bio-compatible PVC that meets FDA and EU limits of phthalates and BHP (plasticisers) at the same levels as infant feeding bottles
- Double layer thickness on the top and bottom surfaces
- Same thickness of material as inflatable Birth pools
- Separate inflation chambers so no sudden collapse on deflation
- Double RF welded seams
- Quick inflate and deflate extra large valves
- Wide base to promote stability as well as comfort
- Extra wide surface to provide room to lean over while still being supported

Q15.

What are the main benefits of the CUB for users?

- Lightweight
- Portable
- Inexpensive
- Safe to use
- Easy to clean
- Provides comfortable easy to use support in a variety of positions
- Can be used in a single or double inflation
- Can be used by those who have other medical considerations including: continuous monitoring, Internal monitoring, reduced mobility, Pelvic girdle pain or epidural use
- Can be used on a hospital bed (in a single inflation)