



**Trinity College Dublin**

Coláiste na Tríonóide, Baile Átha Cliath

The University of Dublin

**Opportunities to practise birthing skills, including  
breech birth and POP position**

**Cecily Begley**



# Breech birth





# Mechanism for breech birth

- Slideshow
- <https://www.slideshare.net/AmarendraSingh33/breech-mech-of-labour>



# Resources for breech birth

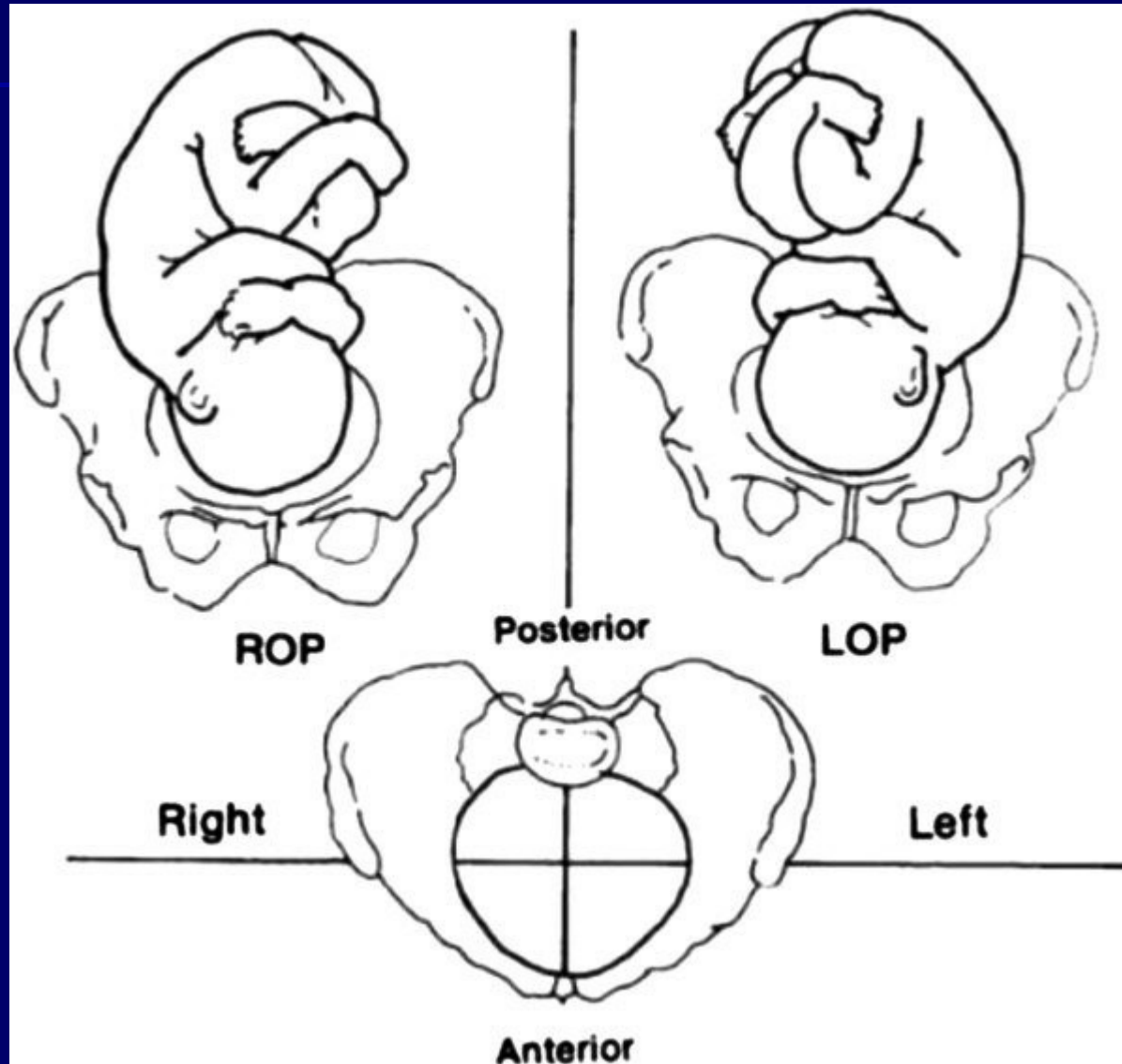
- Useful article, including an algorithm for breech birth
- <https://www.all4maternity.com/no-more-hands-off-the-breech/>

- Useful training video, showing how to birth extended legs and extended arms

<https://www.youtube.com/watch?v=hRd8cn3JomQ>



# Occipito-posterior position





# Persistent occipito-posterior position

Good to know about it in advance 😊

**DIAGNOSIS**

❑ **ABDOMINAL EXAMINATION**

➤ On inspection abdomen looks flat below the level of umbelicus

The image contains two diagrams, labeled A and B, showing a fetus lying on its back. Diagram A shows the fetus with its arms crossed over its chest, and the abdomen is marked with a dashed line indicating the umbilicus. Diagram B shows the fetus with its arms crossed over its chest, and the abdomen is marked with a dashed line indicating the umbilicus. The diagrams illustrate the flat appearance of the abdomen below the umbilicus in a fetus with persistent occipito-posterior position.



# Persistent occipito-posterior position

Good to know about it in advance 😊



**A** **B**  
Figs 25.3A and B: Diagnosis of the attitude of the head—(A) Occipitoanterior—well flexed head—posterior fontanelle easily felt; (B) Occipitoposterior—deflexed head—anterior fontanelle easily felt.



# Birthing a baby in the occipito-posterior position

Delivery of head in a persistent occipitoposterior position



Allowing the sinciput to escape as far as the glabella and the occiput sweeps the perineum, sinciput held back to maintain flexion





# Birthing a baby in the occipito-posterior position

Delivery of head in a persistent occipitoposterior position



Grasping the head to bring the face down from under the symphysis pubis and Extension of the head



**And now some practice....**