A new, live, online class by:

BUNDLEBIRTH Nurses

PUSHING

Evidence, Empowerment & Practice Change

AN ADVANCED NEXT STEP FROM OUR PHYSIOLOGIC BIRTH CLASS

Multiple Dates Available | 4.5 hours | Recorded | 5 CEs

You've mastered Physiologic Birth foundations - now it's time to keep leveling up. Now master second-stage support with this dynamic, evidence-based class that dives deep into the most crucial, and often most challenging to navigate part of birth: **PUSHING**.

Taught by Sarah Lavonne

Objectives:

By the end of this class, participants will be able to:

1. Summarize current evidence and professional guidelines (AWHONN, ACOG) on pushing techniques and timing in the second stage of labor.
2. Compare and contrast pushing techniques including but not limited to open-glottis and closed-glottis pushing, including physiological mechanisms and outcomes for both maternal and fetal wellbeing.
3. Evaluate and apply upright and alternative pushing positions for both medicated and unmedicated patients to improve maternal and neonatal outcomes while preventing injury.
4. Implement patient-centered advocacy strategies using evidence-based scripts and communication tools to support physiologic second-stage practices, even in resistant environments.
5. Lead collaborative conversations with colleagues and providers to promote meaningful, evidence-aligned practice change on their unit through effective communication & leading change skills.

What Makes This Class Essential:

✓ **End the Guesswork**
Master evidence-based techniques backed by current research and professional guidelines

✓ **Confident Advocacy**
Gain powerful scripts and strategies to advocate for best practices, even when facing pushback

✓ **Injury Prevention**
Protect your patient from future morbidity, perineal trauma & LENI

✓ **Culture Change**
Walk away with tools to facilitate meaningful conversations that transform unit practices

✓ **Immediate Impact**
Use what you learn in your very next shift

This is your next step to

CHANGE the game in Obstetrics.

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SCAN ME

SIGN UP HERE

Bundle Birth, A Nursing Corporation, is approved by the California Board of Registered Nursing, Provider Number 17368 to provide _ contact hours upon completion of this class.