

NISHA RADHA

February 21, 2009

Lutheran Med
Center
Wheat Ridge, CO
8:37 pm
6 lbs. 4 oz.
19.5 inches
Midwife: Jen
Nurses: Kami,
Serah & Lisa
Doula: Pam



“Night” brings abounding joy

By Pam Black, Doula

Ratna & Sanjiv brought their 2nd precious daughter into the world with such confidence, such joy and such love.

I was called @ 7 am for a heads up that ‘today could be the day’. The contractions were somewhat intense but irregular. She contracted off and on all day and called me again at 2 pm to say she thought her water had broken and it looked brownish. I encouraged her to call her midwife and be prepared to go to the hospital to be checked because of the high probability of meconium.

We met at the hospital at 4 pm. It was clear they had no intention of staying. They had only bare necessities. No suitcases. No pillows. They planned to go back home to continue to labor after given the okay by the midwife. When she was told she was 5 cm dilated all of that changed quickly. Spontaneous rupture of the amniotic sac was confirmed. The nurse did a pH strip and it registered negative for meconium.

Ratna continued to progress in labor averaging 1-1.5 cm per hour and made

great progress. We comforted her with a warm bath and dim lights, back rubs, birth ball swaying, stretches, positive feedback, many hip squeezes and cool compresses. By 7 pm she had reached complete dilation and began self-directed pushing. We tried a couple of different positions and the baby was still OP and



was hesitant to drop further down into the pelvis. Around 8:15 pm Jen brought an OBGyn in for a consult regarding a vacuum extraction and possibly a cesarean. They said the baby may be too big to be born vaginally. Jen was prepared to do an episiotomy and had the scissors and perineum in hand ready to cut. Ratna was showing signs of extreme fatigue and of course the baby’s heart rate was starting to drop during pushing. After many attempts from a semi-sitting position and becoming so

obviously exhausted from all the stress and strain I suggested she squat. I felt concern they were losing confidence in her ability to birth naturally. Ratna concentrated intensely on her pushing and squatted as she held onto the birthing bar. This brought the baby down with her first push and with three pushes Nisha was born. Mom was grateful for an all natural birth. Nisha’s apgar scores were 8/9. There was meconium but no concern. Nisha was pink, vocal and ready to nurse. Jen took care of a first degree tear and everyone was oohing and ahhhhing over such a beautiful baby. Ratna thought she looked like Sanjiv’s side of the family. Big smiles, sighs of relief and congratulations were shared by everyone.



