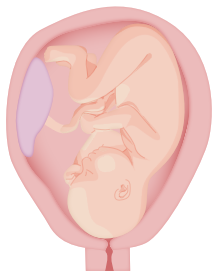




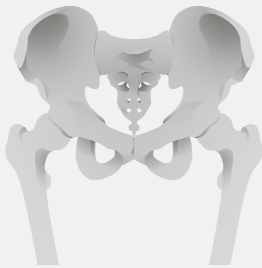
5 PS OF LABOR



Passenger

Passenger refers to the position of the fetus.

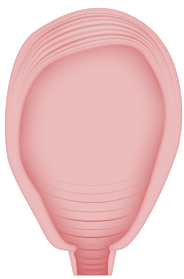
- **Fetal attitude:** relationship of the fetal parts to each other (flexion)
- **Fetal lie:** relationship of the spine of the fetus to the maternal spine
- **Fetal presentation:** relationship of the presenting part of the fetus to the quadrants of the maternal pelvis



Passageway

The passageway includes the bony pelvis, the soft structures of the cervix, the vagina, and the introitus.

The pelvic shapes are: gynecoid, android, anthropoid, and platypelloid. Gynecoid is the most common and most favorable for vaginal birth.



Powers

This refers to the contraction of the uterus and the maternal effort that moves the fetus out of the uterus.

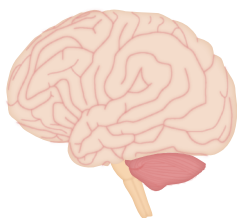
- Primary powers are the uterine contractions, which are responsible for cervical dilation, effacement, and descent.
- Secondary powers refers to the maternal pushing efforts.



Position

Position refers to the maternal position during labor and birth.

- Maternal movement helps promote vaginal birth.
- Upright positions help internal fetal rotation and promote vaginal birth.



Psyche

This aspect refers to supporting the pregnant client's psychological adaptation to labor.

- **Education:** childbirth classes, anticipatory guidance during labor
- **Labor support:** Continuous labor support increases vaginal birth rate.
- **Client-centered support:** Respect cultural differences, respect client autonomy, and communicate effectively.