



**Prevention of  
Postpartum  
Hemorrhage:  
Implementing Active  
Management of the  
Third Stage of Labor  
(AMTSL)**

**Participant's Notebook**

**Core Topic 1: Third  
stage of labor and  
evidence for using  
AMTSL**



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# Core topic 1: Third stage of labor and evidence for using AMTSL

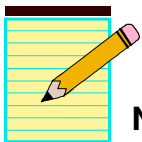
When reviewing the third stage of labor and evidence for using AMTSL, training participants will:

- Review the structure and function of the uterus during the third stage of labor.
- Compare physiologic and active management of the third stage of labor (AMTSL).
- Review evidence supporting the practice of AMTSL.
- Learn why it is important to include AMTSL in your practice.

## Topic learning objectives

By the end of this topic, participants will have the knowledge to:

- Describe the anatomy of the uterus.
- Explain how the structure of the uterus helps stop bleeding.
- Define AMTSL.
- Define physiologic management of the third stage of labor (PMTSL).
- Compare AMTSL and PMTSL.
- Discuss evidence to support AMTSL.
- Explain why AMTSL can save lives.



### Notes

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## Learning activities

Read each sentence below describing an element of active or physiologic management of the third stage of labor. Note the type of management described and write AMTSL, PMTSL, or both in the corresponding column.

Actions used to manage the third stage of labor	Type of management (AMTSL, PMTSL, or both)
<b>Example:</b> The provider administers uterotonic drugs only after delivery of the placenta.	PMTSL
1. The provider delivers the placenta using controlled cord traction with countertraction to support the uterus.	
2. The provider massages the uterus immediately after delivery of the placenta.	
3. The provider waits for signs of placental separation.	
4. A uterotonic is administered within one minute of the baby's birth.	
5. The placenta is delivered with the assistance of gravity and maternal effort.	

AMTSL and PMTSL provide different advantages. Read each sentence below describing a result of managing the third stage of labor, and place an "X" in the column of the management type that best describes the advantage.

Advantage	AMTSL	PMTSL
<b>Example:</b> Decreases length of the third stage.	X	
1. Does not interfere with normal labor process.		
2. Decreases the number of cases of PPH.		
3. Decreases average blood loss.		
4. Decreases need for blood transfusion.		
5. Does not require special drugs or supplies.		



## Answers to learning activities: Core Topic 1

*Review of third stage of labor and evidence for active management of the third stage of labor*

Read each sentence below describing an element of active or physiologic management of the third stage of labor. Note the type of management described and write AMTSL, PMTSL, or both in the corresponding column.

<b>Actions used to manage the third stage of labor</b>	<b>Type of management (AMTSL, PMTSL, or both)</b>
Example: The provider administers uterotonic drugs only after delivery of the placenta.	<b>PMTSL</b>
1. The provider delivers the placenta using controlled cord traction with countertraction to support the uterus.	<b>AMTSL</b>
2. The provider massages the uterus immediately after delivery of the placenta.	<b>AMTSL / PMTSL</b>
3. The provider waits for signs of placental separation.	<b>PMTSL</b>
4. A uterotonic is administered within one minute of the baby's birth.	<b>AMTSL</b>
5. The placenta is delivered with the assistance of gravity and maternal effort.	<b>PMTSL</b>

AMTSL and PMTSL provide different advantages. Read each sentence below describing a result of managing the third stage of labor, and place an "X" in the column of the management type that best describes the advantage.

<b>Advantage</b>	<b>AMTSL</b>	<b>PMTSL</b>
<b>Example:</b> Decreases length of the third stage.	<b>X</b>	
6. Does not interfere with normal labor process.		<b>X</b>
7. Decreases the number of cases of PPH.	<b>X</b>	
8. Decreases average blood loss.	<b>X</b>	
9. Decreases need for blood transfusion.	<b>X</b>	
10. Does not require special drugs or supplies.		<b>X</b>