



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

Participant's Notebook

**Core Topic 2: PPH
causes and prevention**



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POPHHI
Prevention of Postpartum
Hemorrhage Initiative

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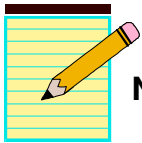
Core topic 2: PPH causes and prevention

Preventing postpartum hemorrhage (PPH) will reduce the number of women who die or suffer each year due to excessive bleeding related to pregnancy. It is possible to prevent a majority of PPH cases. Topic 2 provides an overview of PPH, its causes and actions that women, families, and health care providers can take to prevent PPH.

Topic learning objectives

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

- Define PPH.
- Describe factors that contribute to PPH.
- Describe the causes of PPH.
- Explain ways to prevent PPH.
- Explain ways to ensure timely diagnosis and management of PPH when it occurs.



Notes

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Learning activities

1. Explain why it may be useful to define PPH as “any amount of bleeding that causes deterioration of the woman’s condition.”
2. Explain why a strategy to prevent PPH should not be based on identifying risk factors.
3. List the three most common causes of immediate PPH.
4. What is the most common cause of severe PPH in the first 24 hours after birth?
5. Describe a prevention strategy for each of the factors listed in the first column that may contribute to the loss of uterine muscle tone in the postpartum period.

Factors contributing to the loss of uterine muscle tone	Prevention strategy
Full bladder	
Prolonged/obstructed labor	
Oxytocin induction or augmentation of labor	



True or False

In the space provided, write "T" for true or "F" for false for each statement.

- _____ 1. Nearly half of women who deliver vaginally only lose about 150 mL of blood.
- _____ 2. Women who give birth by cesarean operation normally lose 1,000 mL or more.
- _____ 3. For severely anemic women, blood loss of even 200 to 250 mL can be fatal.
- _____ 4. Using a partograph to monitor and guide management of labor and detect unsatisfactory progress of labor in a timely fashion may be useful in preventing PPH.
- _____ 5. Women are unable to monitor the firmness of their own uterus.



Answers to learning activities: Core Topic 2

Causes and prevention of PPH

- Explain why it may be useful to define postpartum hemorrhage as "any amount of bleeding that causes deterioration in the woman's condition."
 - It is difficult to measure blood loss accurately**
 - Research has shown that blood loss is frequently underestimated**
 - Nearly half of women who deliver vaginally often lose at least 500 ml of blood**
 - For severely anemic women, blood loss of even 200 to 250 ml can be fatal**
- Explain why a strategy to prevent postpartum hemorrhage should not be based on identification of risk factors.
 - Two-thirds of women who have PPH have no risk factors**
- What are the three most common causes of immediate postpartum hemorrhage?
 - Uterine atony**
 - Lacerations in the birth canal**
 - Retained placenta or placental fragments**
- What is the most common cause of severe PPH in the first 24 hours after birth?
 - Uterine atony**
- Describe a prevention strategy for each of the factors listed in the first column that may contribute to the loss of uterine muscle tone in the postpartum period.

Factors contributing to the loss of uterine muscle tone	Prevention Strategy
Full bladder	<ul style="list-style-type: none"> Encourage / assist women to empty their bladder during labor and before second stage Encourage / assist women to empty their bladder regularly in the immediate postpartum period
Prolonged / obstructed labor	<ul style="list-style-type: none"> Give birth with a skilled provider Monitor labor using the partograph Transfer women to a facility with cesarean facilities once unsatisfactory progress in labor has been identified
Oxytocin induction or augmentation of labor	<ul style="list-style-type: none"> Give birth with a skilled provider Monitor labor using the partograph Only augment or induce labor when there are clear emergency or obstetric indications Only augment or induce labor in a health facility where personnel are trained to monitor the woman and fetus and where cesarean operation can be performed if necessary Never give oxytocin intramuscularly in the antepartum

TRUE or FALSE

Write the letter "T" for True or "F" for False in the space provided after each statement

6. Nearly half of women who deliver vaginally only lose about 150 ml of blood.
False – Nearly half of women who deliver vaginally often lose at least 500 ml of blood
7. Women who give birth by cesarean operation normally lose 1,000 mL or more.
True
8. For severely anemic women, blood loss of even 200 to 250 ml can be fatal.
True
9. Using a partograph to monitor and guide management of labor and detect unsatisfactory progress of labor in a timely fashion may be useful in preventing PPH.
True
10. Women are unable to monitor the firmness of their own uterus.
False –All women should be taught to monitor their own uterus in the postpartum period.