



Thursday Memo – December 24, 2015

No Expectations – by Nora Lamartine

I recently had my first continuity delivery. Many of my co providers and nurses found Mrs A to be flat, but I think we clicked. She could be incredibly anxious or incredibly level headed; and we share a love of crazy socks.

This was not her first child and not her first induction. In fact she had several prior that took only 6 hours. My internal narrator was thrilled! What an easy induction, I will be meeting this baby in less than 12hr. Of course that didn't happen. I found myself returning to Mrs A's room to find little change in her exam and an increasingly anxious and tearful women. I could feel myself becoming more frustrated with each hour.

There is a saying amongst midwives that you must embrace the labor, you cannot control labor. I found myself telling Mrs. A how each labor is different and she need not be discouraged, but really I was reassuring myself. My fantasy induction would not follow the script I had written, rather I would have to embrace the chaos of labor.

Finally, after truly having no expectations she went from 5cm to crowning in an hour. Delivering her son was such a wonderful experience. I know this delivery will forever be a special lesson.