**Spontaneous Vaginal Delivery**

1. When does the “First Stage of Labor” begin and end? How long does it last?

2. What is generally considered “Active Labor”?

3. What 2 things do you need to determine that contractions are “adequate”?

4. Explain the difference between the terms TOLAC and VBAC?

5. What are the contraindications to a vaginal delivery?

6. Give examples of nonpharmacological pain management in labor?

7. What pharmacologic pain managements are often used in labor/delivery?

8. What is DR C BRAVADO?

9. How long is Delayed Cord Clamping and what are it’s advantages?