

Case Briefing

Your shift has just started as the physician on call for labour and delivery at a rural 1A maternity site (no local cesarean section capabilities), with the nearest urban centre 500km away. The physician giving you report indicates there is one patient, Nel Dumas, currently in labour, who you will be caring for.

Nel is a 28 y/o non-binary person who presented to the emergency department 5 hours ago with a 7-hour history of labour pain, increasing in frequency and duration. They are at 38+6 weeks gestational age. At the time of presentation, they were 5 cm dilated and having strong contractions every 4-5 minutes, lasting for 60 seconds. This is their first pregnancy which has been complicated by gestational diabetes. Nel has been receiving regular antenatal care, and the fetus has consistently been measuring above the 95th percentile at their ultrasounds. Due to their diagnosis of gestational diabetes, it was strongly recommended that Nel deliver at a tertiary centre, however they decided to stay local because they take care of their mother at home and did not want to be away from her unless it was completely necessary. Nel was last assessed approximately an hour ago.

Patient Chart					
Name: Nel Dumas	Age: 28	Gender: Non-binary	Weight: 79 kg	Height: 152 cm	GA: 38+6 Weeks
Temp: 36.9	HR: 90 bpm	BP: 121/79	RR: 16/min	O₂Sat: 100%	GCS: 15
Presenting complaint: Abdominal pain and tightening.					