TeleED At-The-Elbow Guide: Shoulder dystocia

Shoulders do not deliver with gentle downward direction

Alert the team: “We have a shoulder dystocia”
HELPR mnemonic: Call for Help, elevate Legs, suprapubic Pressure, Roll to all 4’s

Elevate Legs: McRoberts position

Assistant on each side
Hyperflex thighs on maternal abdomen
30-60 seconds

Suprapubic pressure

CPR hand position
Push from side of pubic symphysis from infant’s back toward the chest
30-60 seconds

Roll to All 4’s

Increases A-P diameter of pelvis
Deliver top shoulder first
30-60 seconds

If unsuccessful

Deliver posterior arm

Enter vagina at 6:00 on side of fetal chest
Flex arm at elbow, sweep arm across chest
Deliver posterior arm, then anterior shoulder and baby

See Spontaneous Vaginal delivery ATE Guide for 3rd stage mgt

*Images and HeLPR mnemonic ©Basic Life Support in Obstetrics, American Academy of Family Physicians, 2017