

IHE Women's Center

Guidelines for Skin to Skin in Cesarean Section

PURPOSE: Many women feel they must forfeit control and birth plans when told they are having a cesarean section. Skin to skin allows the opportunity for optimal bonding and maternal childbirth satisfaction with no additional cost to the patient or hospital. Foremost, this process is in accordance with AAP recommendations for skin to skin after delivery which will facilitate breastfeeding, thermoregulation and euglycemia of the newborn.

Process:

1. Discuss with the mother and family the process for skin to skin in the OR.
2. Infant must meet the following criteria:
 - a. >38 wks
 - b. No acute distress
 - c. MSAF with vigorous cry
 - d. Apgar score greater than 7 at 5 min.
3. Mother must meet the following criteria:
 - a. Non-emergent situation
 - b. Elective or Repeat C/S
 - c. No complications during surgery
 - d. Mother alert and able to hold infant
 - e. HOB is flat, (not in Trendelenburg)
 - f. Mother's vital signs are stable
 - g. Mother is not nauseated
4. If mother is not able to meet criteria, baby should be taken to room with family member (father) and skin to skin may begin.
5. Proceed with Skin to Skin in Cesarean Section per attached guidelines.