

# SHOULDER DYSTOCIA RISK DELIVERY OPTION CONSENT FORM

Your doctor has determined from your medical history and/or features of your pregnancy that you are at some increased risk for experiencing shoulder dystocia at delivery.

Shoulder dystocia is the condition where, after delivery of a baby's head, the baby's shoulder gets stuck under the mother's pubic bone. This prevents the rest of the baby from emerging easily from the birth canal. The resulting delay in delivery and the maneuvers necessary for your doctor to resolve the shoulder dystocia can sometimes result in injury to the nerves in the baby's neck and shoulder. This is called a brachial plexus injury. Damage to the brachial plexus - which are the nerves that run from the neck to the shoulder, arm, and hand - can result in the muscles of these structures not functioning properly. Children with brachial plexus injuries thus may not have full use of their shoulders, arms or hands. Such brachial plexus injuries occur approximately 10% of the time when there is a shoulder dystocia at delivery. Fortunately, about 90% of brachial plexus injuries totally resolve. Sometimes, injury to the brachial plexus can occur unrelated to the method of delivery.

There are other risks to your infant if you have a shoulder dystocia at delivery. The baby's arm or collarbone may be fractured, both of which are relatively minor injuries and almost always heal without incident. A more severe possibility is that your baby might not get enough oxygen during the resolution of the shoulder dystocia and could have hypoxic brain injury or even die. Fortunately, this is extremely rare.

There are many maneuvers that your doctor can perform in order to resolve the shoulder dystocia and complete the delivery of your baby. However, sometimes temporary or permanent injury to the baby can occur even if your doctor performs these maneuvers correctly and successfully.

The best way to prevent a shoulder dystocia is to not attempt a vaginal delivery. This means having an elective cesarean section -- which can have its own risks, discomforts, and inconveniences.

Risk factors for shoulder dystocia include:

Previous Shoulder Dystocia

Previous Large Baby

Short Maternal Stature

Diabetes Any Type in this Pregnancy

High Weight Gain

High BMI

Elevated Fundal Height

It has been determined you are at some degree of higher risk for having a shoulder dystocia if you deliver vaginally, this consent form is being provided to you, so that you can more completely understand your risks and decide in an informed way how you wish to have your baby.

**My doctor has advised me of my increased risk for shoulder dystocia and has recommended a cesarean section for delivery. I understand the risks of vaginal delivery, and I choose this option. I decline a cesarean delivery.**

**Patient:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Physician:** \_\_\_\_\_

**Date:** \_\_\_\_\_