

Toolkit



The Full Moon circuit is a powerful and workable nurse-driven initiative to engage birthing people and families in labour positioning best practices.

Supporting upright positioning and frequent position changes in labour are associated with fewer unplanned cesarean births (CB), shorter labour, less pain and discomfort, and less abnormal fetal heart rates.



What is a Full Moon?

A Full Moon is a fusion of the “3-point position change” and Penny Simkin’s “Rollover”. Both are evidence-based strategies to promote progress in labour. This combination creates a 4-point position change to simplify and optimize the two strategies. When planning position changes, the intent is to put pressure on all parts of the cervix. It’s helpful to visualize the cervix as a circle when moving through the phases of the full moon sequence.

- Start in left lateral, move to upright, then right lateral, to forward leaning.
- Changing position every 20-45 minutes, staying in any one position for up to an hour if sleeping.
- Repeat circuit continuously (taking breaks as needed) throughout labour and pushing.
- Creativity is the only limit to the number of variations that can be incorporated for each phase of the circuit.

How to have a successful Full Moon Challenge

- Believe you can do it!
- Establish team engagement: identify leadership and nursing champions within your team. Many nurses incorporate regular position changes as part of their practice, these staff members can be great resources.



What you'll need

Create a publicly visible display that includes:

TRACKING

- Interactive display and tracking board for nurses and healthcare providers to boast their participation. Team members will place a paper full moon with their name on to the board every time they complete a circuit with a labouring person.
- Post the Pre-Full Moon Challenge CB rate for your institution, be sure to isolate and highlight the unplanned CB rate. Continue tracking your unplanned CB rates and display these results over the 1st, 2nd and 3rd month of the challenge to see how your evidence-based practice is making an impact.



USER GUIDE

- Photos showing examples of positions to use in all phases of the Full Moon circuit (see poster template & photos below)
- Timing and frequency of position changes
- Use the photo examples provided or enhance team excitement by creating your own photos of these positions using staff as models

Resources



Poster template
(for guide/tracking)

[DOWNLOAD](#)



Position photos
(samples page 4/5)

[DOWNLOAD](#)



Paper moons
(to print)

[DOWNLOAD](#)



Markers & adhesive
(provided by unit)



Data

Sharing CB rates throughout the challenge will help motivate the team.

- Decide who will track the numbers and how they will do the collecting
- Consider reporting participation numbers back to the team using your unit-based communication methods (i.e. email, huddles) every week for the first four weeks to help promote initial uptake

Incentives

- Host a prize draw (example small denomination gift card) for team members who participate in the Full Moon Challenge after the completion of month 1, month 2 and month 3

How to participate

- Send us an email at FullMoon@iwk.nshealth.ca
- We offer virtual drop-in sessions to answer questions and provide support, you will receive a meeting link in reply to your email
- Let us know about the start of your Full Moon Challenge and how many full moons your team has completed each month FullMoon@iwk.nshealth.ca
- Updates will be shared amongst participating birthing units, showcasing the successes of your local Full Moon Challenge initiatives!

The Caesarean Birth (CB) rate has been steadily increasing in Canada for decades and has considerable implications:



for the birthing person

- immediate risks and complications of major surgery
- long-term risks to future pregnancies and modes of birth
- risk of poor birth experience as a result of unplanned or urgent CB



for the newborn

- higher rates of separation from birthing parent immediately postpartum
- higher rates of NICU admissions
- risk of long-term health complications



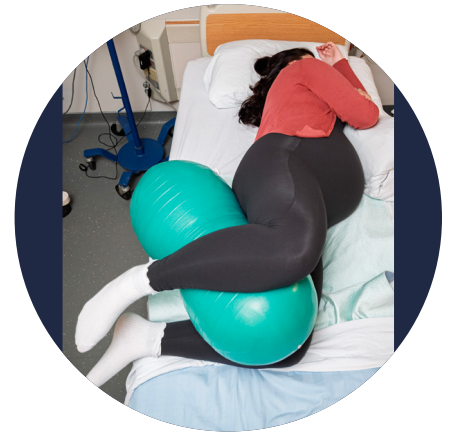
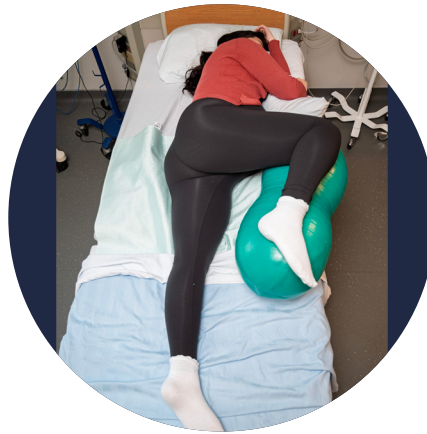
for the healthcare system and organizations

- CBs are one of the most frequently performed surgeries, representing a significant cost
- Unplanned CBs pose strain on healthcare resources and can create staffing challenges



Toolkit

1. Left Lateral



2. Upright



Photos can also be used to create badge reels or position 'menus'.



Toolkit

3. Right Lateral



4. Forward Leaning



Photos can also be used to create badge reels or position 'menus'.