

Primary Postpartum Haemorrhage = HI R,R&M CERCE

- H** Call for **H**elp
- I** Get **I**V access
- R, R&M** Resuscitate, **R**eplace Lost Volume and **M**onitor
- C** Contract the uterus
- E** Empty the uterus (or **E**xplore the Genital Tract)
- R** Repair any bleeding trauma
- C** Check blood **C**oagulation
- E** Proceed to **E**xtraordinary **E**mergency measures

H is for **H**elp

Call for at least one extra person when ANY patient has lost >500 ml of blood

If the patient shows any symptoms of blood loss e.g. collapse or altered consciousness then this is very serious and More Help is required

It is wise during resuscitation to assign one person to keep a record of the measures used and the patient's response

I is for **I**V access

When confronted with PPH do not waste time at the patient's perineum. Get at least one and preferably two large bore IV cannulas into veins as quickly as possible

Take blood for Hb and Cross-match

R,R&M is for **R**esuscitate, **R**eplace Lost Volume and **M**onitor

Resuscitate with oxygen by face mask, lie the patient flat and elevate the legs

Administer IV crystalloid as fast as possible at a rate of 2 volumes for every volume of estimated loss

Blood will usually be required if the volume lost exceeds 1000 mls

Monitor response by frequent measures of the patient's PR, BP and urine output (catheterise the bladder and discard the first emptying – this urine was formed before the PPH began)

C is for **C**ontract the uterus

Rub up a contraction

Provide additional oxytocic agent:

- IV Ergometrine 0.25 mg
- IV Syntocinon by infusion 20 or 40 units per litre
- Rectal Misoprostol 3 tablets stat

E is for **E**mply the uterus (or **E**xplore the Genital Tract)

Deliver the placenta (if not already delivered) by manual removal if necessary

Explore the genital tract from top to bottom (requires GA, light, retraction and assistant)

R is for **R**epair any bleeding trauma

Cervical tears that are not bleeding do not require repair

Consider direct pressure e.g. packing for vaginal bleeding when suturing is difficult

C is for **C**onsider **C**oagulopathy

Is the blood clotting?

Coagulopathy requires FFP and platelets or Fresh Whole Blood

E is for **E**xtraordinary **E**mergency measures that include...

Bimanual uterine compression

Direct aortic pressure

Intrauterine balloon (condoms or other) with not less than 40 ml distension

Laparotomy for hysterectomy, vessel ligation or compression sutures around the uterus