

Exaggerated Sims Position (for umbilical cord prolapse)**Indications**

- To relieve pressure on the umbilical cord in presence of prolapse (cord lies in front/beside presenting part and membranes are ruptured)

Risk Factors for Umbilical Cord Prolapse

- Abnormally long umbilical cord
- Contracted pelvis/pelvic tumors
- Low birth weight (<2,500 g)
- Malpresentation/malposition
- Multiple gestation
- Multiparity
- Polyhydramnios
- Prematurity
- Spontaneous rupture of membranes

Technique

- Have the patient lie on their left side with chest flat on the bed in a semi-prone position
- Right knee and thigh drawn in towards chest
- Left arm lies along her back
- Place a pillow/wedge under their left hip/buttocks
- Can place the bed in trendelenberg to increase effectiveness of position

References

1. Dilbaz B et al. Risk factors and perinatal outcomes associated with umbilical cord prolapse. Arch Gynecol Obstet. 2006;274(2):104-7.
2. Lindsay P. Presentation and Prolapse of the Umbilical Cord. In: Henderson C, MacDonald S, editors. Mayes' Midwifery A textbook for Midwives. 13th ed. London: Bailiere Tindall; 2004. p. 954-59.