

Example: Labor SOAP Note

This is a sample labor SOAP (Subjective, Objective, Assessment, Plan) note that you might chart every 2 hours or so in active labor. It reflects the midwife's overall assessment of labor progress, in addition to the minute-by-minute notes.

Date: 6/2/2025 Time: 3:45 p.m.

Location: Client's home

S – Subjective

Client reports that contractions have been increasing in intensity and are occurring every 3–4 minutes, lasting about 60 seconds. Reports spontaneous rupture of membranes at approximately 2:30 p.m. with clear fluid. Feels strong pressure in pelvis and increasing urge to vocalize during contractions. Denies fever, chills, or bleeding. Client appears focused and vocalizes during contractions.

O – Objective

Vitals: BP 118/70, P 84, R 20, T 98.6°F

FHTs: 140 bpm with accelerations, no decelerations noted

Leopold's: LOA, head well applied to cervix

Palpated contraction pattern: q 3–4 min, lasting ~60 sec, moderate to strong intensity

VE at 3:40 p.m.: 7 cm dilated, 90% effaced, vertex at +1 station, bulging forewaters

Client mobile, alternating upright positions, using birth ball and hands-and-knees.

A – Assessment

Active labor, progressing appropriately. Well-applied vertex, reassuring fetal heart tones, no signs of distress. Client coping well with labor using movement and vocalization.

Continues to be appropriate for midwifery care and home birth.

P – Plan

- Encourage hydration and frequent urination
- Continue labor support, monitor maternal/fetal well-being per protocol
- Reassess in 1–2 hours or as indicated
- Midwife and assistant to remain on site and monitor for signs of transition

Signed: J. Smith, LM

Date: 6/2/2025