

Persistent Occipito-Posterior: Outcomes following digital rotation. The “POPOUT” Pilot Study

ACTRN12609000833268

Status	RECRUITING
Sponsor	Royal Prince Alfred Women and Babies
Enrollment	30 participants

Plain Language Summary

When a baby is in the womb facing upward (instead of the more common face-down position) during labour, it can make delivery harder and increase the chances of needing help — like forceps, a vacuum cup, or a caesarean section. This study is exploring whether a doctor manually turning the baby to a face-down position once the mother is fully dilated can reduce the need for assisted delivery. It is a small pilot study to see whether a larger trial is practical.

You may be eligible if:

- You are at least 37 weeks pregnant
- You are planning a vaginal delivery
- Your baby is head-down but facing upward (occipito-posterior position), confirmed by ultrasound
- You are fully dilated (ready to push)
- You are between 18 and 45 years old

You may NOT be eligible if:

- There is concern the baby's head is too large for the birth canal
- You have had a previous caesarean section
- Your baby is in a brow or face presentation
- There are concerning signs on the fetal heart rate monitor
- There are signs of infection, heavy bleeding, or fetal distress
- Your baby has a known abnormality

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (4)

- At least 37 completed weeks of gestation
- Planned vaginal delivery Cephalic presentation
- Full cervical dilatation
- Fetal position confidently assessed as occipito-posterior on vaginal examination, and confirmed by ultrasound in labour ward

Exclusion (12)

- Clinical suspicion of cephalopelvic disproportion
- Previous caesarean section-Brow or face presentation
- “Pathologic” CTG according to Royal College of Obstetrics and Gynecology (RCOG) classification plus either baseline >160 beats per minute or reduced variability
- Fetal scalp pH < 7.25 (if taken)
- Suspected fetal compromise

... and 7 more (see full listing online)

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12609000833268>

Locations (1 total)

This listing is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at anzctr.org.au. Generated by ClinicalTrialsFinder.org.

