

Bishop's Score for Induction

This is the table used to determine how successful an induction of labour might be. It is recommended that the Bishop's Score be greater than 7 (9 is optimal if using the midwifery model of the Bishop's score which is included below) for it to be successful.

To ensure your own induction's success rate, inquire about your Bishop's score or better yet learn each part of the score and figure it out for yourself. The unfortunate reality is that there are inductions being performed with scores as low as 2 that make induction very difficult and success rates low. More than 1 in 5 births were induced in 2001! This is significant since in 1991 the induction rate was 1 in 10 births!

Induction with low Bishop's scores decreases a woman's coping ability with the increased pain of induction and the increased length of labour. This can be combined with AROM (artificial rupture of membranes, breaking your water using an amniohook) to supposedly increase the success rate early in the induction, but in fact this far too often leads to cesarean births as ruptured membranes increases the chance of infection for both mother and baby. Make informed decisions for both you and your baby!

BE INFORMED! Bishop's Score Chart, Revised:

PARAMETER	Points Assigned			
	0	1	2	3
Position of Cervix	Posterior (towards the back)	Midposition	Anterior (towards the front)	---
Consistency	Firm	Medium	Soft	---
Effacement (%)	0-30	40-50	60-70	>80
Dilation (cm)	Closed/0	1-2	3-4	>5
Baby's Station	-3	-2	-1 to 0	+1, +2
+Cervical Sensations	None	Slight	Strong and Frequent	Coordinated with some or all toning contractions
+Yoni (vaginal) Secretions	No increase	Increased Mucus	Increase with bloody mucus	---
+ Toning contractions	None to Slight	Mild	Strong, sporadic, frequent	Almost regular, visible on abdominal observation

All items with a plus sign are added by Anne Frye, *Holistic Midwifery Volume II*, and have been proven helpful from a midwifery-model perspective. All others are original components of the Bishop Score.

Modifiers:

Add 1 point to score for:

1. Preeclampsia
2. Each prior vaginal delivery

Subtract 1 point from score for:

1. Postdates pregnancy
2. Nulliparity (Never having borne children)
3. Premature or prolonged rupture of membranes

Total Score=sum of all points for each parameter. The meaning of the score:

7 or less: Do **not** attempt induction without ripening the cervix first.

9 or more: Favorable to attempt induction

12 or more: She is quite ready for labour or in early labour; a little encouragement should get her going.

If you are unsure of any of the terms listed, please inquire with your doctor as to their meaning or look in a good reference book such as *Pregnancy, Childbirth and the Newborn* by Simkin et al., or *The Thinking Woman's Guide to a Better Birth* by Henci Goer

Sources: Modified from Romney S et al, editors: *Gynecology and Obstetrics: The Health Care of Women*, ed 2, New York, 1981, McGraw-Hill. *Holistic Midwifery Volume II*, Anne Frye, Labrys Press, <http://www.mother-care.ca/bishop.htm> , www.cdc.gov/ ,

Jennifer A. McFarland, My Birth By Design, <http://www.mybirthbydesign.com/> , Jennifer@MyBrithByDesign.com , 312-805-5280, 856-740-4858 .This handout for Informational purposes only, please consult your care provider with any questions or concerns. Do not reproduce for profit and do give credit to sources cited.