

LABOR & DELIVERY SKILLS CHECKLIST

NAME: _____

SIGNATURE: _____

DATE: _____

1 – Highly skilled (can function well independently, strong experience)

2 – Proficient (experienced, may need occasional review/assistance) **3 – Limited Skill** (limited to no experience)

CARE OF PATIENTS WITH:

Skills (check appropriate box)	1	2	3
Abruptio placenta			
Asthma			
Cardiac disease			
Chorioamnionitis			
Chronic hypertension			
Collagen vascular disease			
Diabetes			
Eclampsia			
Hepatitis B			
HELLP syndrome			
Hemolytic anemias			
Hemorrhage			
HIV positive			
Hypertension			
Malpresentations			
Multiple gestations			
Other infections			
Placenta previa			
Preeclampsia			
Premature labor			
Pyelonephritis			
RH disease			
Sickle cell disease			

LABOR ASSESSMENT

Skills (check appropriate box)	1	2	3
Fetal Assessment			
• Auscultate heart rate – doppler			
• Auscultate heart rate – fetoscope			
• Determine fetal position			
• Document FHR pattern			
Identify/Treat FHR Patterns			
• Baseline			
• Early decelerations			
• Late decelerations			
• Prolonged decelerations			
• Variability			
• Variable decelerations			
Maternal Assessment			
• Deep tendon reflex (DTR)			
• Edema			
• Norms for perinatal vital signs			
• Admission risk assessment			
• Presence of clonus			
• Membrane rupture – fern test			
• Membrane rupture – nitrazine			

LABOR ASSESSMENT (CONTINUED)

Skills (check appropriate box)	1	2	3
Progression of Labor			
• Contraction characteristics			
• Dilation			
• Effacement			
• Fetal presentation/position			
• Station			
• Status of membranes			
• Sterile speculum exam			
• Vaginal exam			
Amnioinfusion – assist or perform			
• For meconium			
• For variable deceleration			
Artificial rupture membrane (assist)			
• Prolapsed cord			
• Recognize complications			
• Vasa previa			
Collect Blood/Urine Specimens			
Collect Vaginal Cultures			
• Chlamydia			
• Fluid			
• Group B Strep			
• Herpes			
Documentation Status/Assessment			
• Anticonvulsants			
• Labor suppressants			
External Fetal Monitor Application			
• Doppler			
• Phono or adominal, ECG			
• Tocotransducer, ultrasound			
Internal Monitoring (insertion)			
• Fluid filled pressure cath			
• Transducer tipped cath			
• Spiral electrode			
Perform Leopold’s Maneuvers			
Toxicology Studies			

INTERVENTIONS

Skills (check appropriate box)	1	2	3
Cesarean Section			
Forceps Vaginal Delivery			
Monitor Patients with Anesthesia			
• General Anesthesia			
• Epidural			
• Local infiltration			
• Spinal			
Spontaneous Vaginal Delivery			
Vacuum Extraction Delivery			

INTERVENTION POST DELIVERY

Skills (check appropriate box)	1	2	3
Apgar Scoring			
Initial Vital Signs			
Intervention/Risk Factors			
• IDM			
• LGA, SGA, IUGR			
Newborn Physical Assessment			
• Ballard			
• Dubowitz			
• Finnegan Scoring			
Assist with Initial Breast Feeding			
Assist Meconium Staining			
Bath – Perform and Teach			
Cardiac Resp. Monitor Placement			
Circumcision Care			
Cord Care			
Discharge Teaching			
Heelstick Glucose Determination			
Infant Identification			
Neonatal Resuscitation			
Obtain Hematocrit			
Obtain Neonatal Toxicology Screen			
Phototherapy			
Promote Bonding Behaviors			
Suctioning			
• Bulb			
• Delee			
• Wall			
Medications			
• Eye prophylaxis			
• Vitamin K			

NAME: _____ **SIGNATURE:** _____ **DATE:** _____

Put an "X" in the column that best describes your experience level with each skill
1 - Can function well independently • 2 - Experienced, may need review • 3 - Limited or no experience

POST PARTUM INTERVENTION

Skills (check appropriate box)	1	2	3
Bladder Distension			
Breast Feeding			
• Latch-on			
• Positioning			
DVT (Deep Vein Thrombosis)			
Episiotomy			
Fluid Balance			
Fundal Height			
Fundal Massage			
Lochia Amount			
Maternal Vital Signs			

PHLEBOTOMY/IV THERAPY

Skills (check appropriate box)	1	2	3
Administration Blood/Products			
• Cryoprecipitate			
• Packed red blood cells			
• Plasma/albumin			
• Whole blood			
Drawing Blood - Central Line			
Drawing Venous Blood			
Starting IV			
• Angiocath			
• Butterfly			
• Heparin lock			
Care of Patient With			
• Central line/catheter/dressing			
• Peripheral line/dressing			

PAIN MANAGEMENT & ANESTHESIA

Skills (check appropriate box)	1	2	3
Assessment pain level/tolerance			
Care of Patient With			
• Epidural anesthesia/analgesia			
• IV conscious sedation			
• Patient controlled analgesia			
Assist with Delivery of Anesthesia			
• Anesthesia toxicity			
• Coaching patient			
• Epidural block			
• Fluid challenge			
• Hypotension			
• Intrathecal narcotics			
• Intravascular injection			
• Positioning patient			
• Signs/Symptom dural puncture			
• Spinal anesthesia			
Documentation of Anesthesia			
• Computer			
• Flowchart			

PREGNANCY COMPLICATION

Skills (check appropriate box)	1	2	3
Identify Common Arrhythmias			
Assess Normal Cardiac Rhythms			
Patient Ed - Movement Counts			
External Version - Assist			
Fetal Scalp Sampling - Assist			
Percutaneous Umbilical Sampling			
Circulate for Cesarean Delivery			
Circulate for Bilateral Tubal Ligation			
Scrub for Bilateral Tube Ligation			
Conduct Contraction Stress Test			
• Breast stimulation			
• Oxytocin challenge			
Conduct Non-Stress Test			
• Stimulate fetus			
• Vibroacoustic stimulation			
Draw Umbilical Blood Samples			
Glucose Reflectometer			
Lines/Monitoring			
• Central venous lines			
• Invasive hemodynamic monitor			
• PICC lines			
• Pulmonary artery catheters			
Scrub for Cesarean Delivery			
Set Up for Cesarean Delivery			

MEDICATIONS

Skills (check appropriate box)	1	2	3
Administer IM/SC			
Administer IV Meds/Monitor Drips			
• Antibiotics			
• Antihypertensives			
• Heparin			
• Magnesium sulfate			
• Narcotics			
• Oxytocin			
Assist with Prostin Gel			
Cervidil Insertion			
Use of Cytotec			
Use of Prostin Suppositories			

INTERVENTION POST DELIVERY

Skills (check appropriate box)	1	2	3
Assessment			
• Assess for comfort			
• Breating/relaxation technique			
• Coaching			
• Positioning			
Equipment & Procedures			
• Foley catheter insertion			
• Straight catheter insertion			
• Delivery table setup			
• Amniotic fluid index			
• Assist with sonogram			
• Biophysical profile			
• Perform sonogram			

MEDICATIONS

Skills (check appropriate box)	1	2	3
Indomethacin			
Insulin			
Magnesium Sulfate			
Procardia			
Ritodrine			
Terbutaline PO			
Terbutaline IV			
Terbutaline pump			
Terbutaline SC			