

Elite Medical Staffing, Inc.

LABOR & DELIVERY SKILLS CHECKLIST

Name: _____

Date: _____

Directions: Place an **X** in the column which most accurately reflects your level of experience in each area.

A Very Experienced (Competent to supervise)

B Experienced (Competent to perform w/o supervision)

C Some Experience (Require assistance/supervision)

D No Experience/Knowledge

Skills Experience	A	B	C	D
Antepartum				
A. Assessment				
1. Assess for comfort				
2. Breathing/relaxation techniques				
3. Coaching				
4. Positioning				
B. Equipment and Procedures				
1. Catheter insertion:				
a. Foley catheter				
b. Straight catheter				
2. Delivery table setup				
3. Sonogram:				
a. Amniotic fluid index				
b. Assist with sonogram				
c. Biophysical profile				
d. Perform sonogram				
Labor Assessment				
A. Fetal assessment				
1. Auscultate fetal heart rate:				
a. Doppler				
b. Fetoscope				
2. Determine fetal position				
3. Document FHR patterns				
4. Identify normal and treat abnormal FHR pattern				
a. Baseline				
b. Early decelerations				
c. Late decelerations				
d. Prolonged decelerations				
e. Variability				
f. Variable decelerations				
B. Mental Assessment:				
1. Deep tendon reflexes (DTRs)				
2. Edema				
3. Norms for perinatal vital signs				
4. Perform admission risk assessment				
5. Presence of clonus				
6. Progression of labor:				
a. Contraction characteristics				
b. Dilation				
c. Effacement				
d. Fetal presentation/position				
e. Station				
f. Status of membranes				
g. Sterile speculum exam				
h. Vaginal exam				
7. Rupture of membranes:				
a. Fern test				
b. Nitrazine				
C. Equipment and Procedures				
1. Amnioinfusion (assist or perform):				
a. For meconium				
b. For variable decelerations				
2. Artificial rupture of membranes (assist):				

Skills Experience	A	B	C	D
a. Prolapsed cord				
b. Recognize potential complications				
c. Vasa previa				
3. Collect blood/urine specimens				
4. Collect vaginal cultures:				
a. Chlamydia				
b. Fluid				
c. Group B strep				
d. Herpes				
5. Document labor status/assessment & intervention				
a. Anticonvulsants				
b. Labor suppressants				
6. External fetal monitor application:				
a. Doppler				
b. Phono or abdominal ECG transducer				
c. Tocotransducer, ultrasound				
7. Internal monitoring (assist or perform insertion)				
a. Intrauterine pressure catheter:				
Fluid filled				
Transducer tipped				
b. Spiral electrode				
8. Perform Leopold's maneuvers				
9. Toxicology studies				
D. Medications				
1. Administer IM/SC				
2. Administer IV meds/monitor IV drips :				
a. Antibiotics				
b. Antihypertensives				
c. Heparin				
d. Magnesium sulfate				
e. Narcotics				
f. Oxytocin				
3. Assist with prostin gel				
4. Cervidil insertion				
5. Use of Cytotec				
6. Use of prostin suppositories				
Complications of Pregnancy				
A. Assessment				
1. Identify common arrhythmias				
2. Normal cardiac rhythms				
3. Patient education – fetal movement counts				
B. Equipment and Procedures				
1. Assist with external version				
2. Assist with fetal scalp sampling				
3. Assist with percutaneous umbilical sampling				
4. Assist with umbilical blood sampling				
5. Circulate for cesarean delivery				
6. Circulate, scrub for bilateral tubal ligation				
7. Conduct contraction stress test:				
a. Breast stimulation				
b. Oxytocin challenge				
8. Conduct non-stress test:				
a. Stimulate fetus				
b. Vibroacoustic stimulation				

Elite Medical Staffing, Inc.

LABOR & DELIVERY SKILLS CHECKLIST

Name: _____

Date: _____

Directions: Place an **X** in the column which most accurately reflects your level of experience in each area.

A Very Experienced (Competent to supervise)

B Experienced (Competent to perform w/o supervision)

C Some Experience (Require assistance/supervision)

D No Experience/Knowledge

Skills Experience	A	B	C	D
9. Draw umbilical blood samples				
10. Glucose reflectometer				
11. Lines/Monitoring:				
a. Central venous lines				
b. Invasive hemodynamic monitoring				
c. PICC Lines				
d. Pulmonary artery catheters				
12. Scrub for Cesarean delivery				
13. Set up Cesarean delivery				
C. Care of patient with:				
1. Abruptio placenta				
2. Asthma				
3. Cardiac disease				
4. Chorioamnionitis				
5. Chronic hypertension				
6. Collagen vascular disease				
7. Diabetes				
8. Eclampsia				
9. HBV				
10. HELLP syndrome				
11. Hemolytic anemias				
12. Hemorrhage				
13. HIV positive				
14. Hypertension				
15. Malpresentations				
16. Multiple gestation				
17. Other infections				
18. Placenta previa				
19. Preeclampsia				
20. Premature labor				
21. Pyelonephritis				
22. RH disease				
23. Sickle cell disease				
D. Medications				
1. Indomethacin				
2. Insulin				
3. Magnesium sulfate				
4. Procardia				
5. Ritodrine				
6. Terbutaline:				
a. IV				
b. PO				
c. Pump				
d. SC				
Interventions During Pregnancy				
1. Cesarean section				
2. Forceps vaginal delivery				
3. Monitor patients with anesthesia:				
a. General anesthesia				
b. Regional anesthesia:				
(1) Epidural				
(2) Local infiltration				
(3) Spinal				
4. Spontaneous vagina delivery				

Skills Experience	A	B	C	D
5. Vacuum extraction delivery				
Infant Interventions – Post Delivery				
A. Assessment				
1. Apgar scoring				
2. Initial vital signs				
3. Intervention/risk factors for:				
a. IDM				
b. LGA, SGA, IUGR				
4. Newborn physical assessment				
a. Ballard				
b. Dubowitz				
c. Finnegan scoring				
B. Equipment and Procedures				
1. Assist with initial breast feeding				
2. Assist with interventions for meconium staining				
3. Bath-perform and teach				
4. Cardiac-respiratory monitor placement				
5. Circumcision care				
6. Cord care				
7. Discharge teaching				
8. Heelstick glucose determination				
9. Infant identification				
10. Neonatal resuscitation				
11. Obtain hematocrit				
12. Obtain neonatal toxicology screen				
13. Phototherapy				
14. Promote bonding behaviors				
15. Suctioning:				
a. Bulb				
b. Delee				
c. Wall				
C. Medications				
1. Eye prophylaxis				
2. Vitamin K				
Post Partum Interventions				
A. Assessment				
1. Bladder distention				
2. Breast feeding:				
a. Latch-on				
b. Positioning				
3. DVT (Deep vein thrombosis)				
4. Episiotomy				
5. Fluid balance				
6. Fundal height				
7. Fundal massage				
8. Lochia amount				
9. Maternal vital signs				
Phlebotomy/IV Therapy				
A. Equipment and Procedures				
1. Administration of blood/blood products:				
a. Cryoprecipitate				
b. Packed red blood cells				

Elite Medical Staffing, Inc.

LABOR & DELIVERY SKILLS CHECKLIST

Name: _____

Date: _____

Directions: Place an **X** in the column which most accurately reflects your level of experience in each area.

- A** Very Experienced (Competent to supervise)
 B Experienced (Competent to perform w/o supervision)

- C** Some Experience (Require assistance/supervision)
 D No Experience/Knowledge

Skills Experience	A	B	C	D
c. Plasma/albumin				
d. Whole blood				
2. Drawing blood from central line				
3. Drawing venous blood				
4. Starting IVs				
a. Angiocath				
b. Butterfly				
c. Heparin lock				
B. Care of Patient with:				
1. Central line/catheter/dressing				
2. Peripheral line/dressing				
Pain Management & Anesthesia				
A. Assessment of pain level/tolerance				
B. Care of patient with:				
1. Epidural anesthesia/analgesia				
2. IV conscious sedation				
3. Patient controlled analgesia (PCA pump)				
C. Assist with delivery of anesthesia				
1. Anesthesia toxicity				
2. Coaching patient				
3. Epidural block				
4. Fluid challenge				
5. Hypotension				
6. Intrathecal narcotics				
7. Intravascular injection				
8. Positioning patient				
9. Signs/symptoms of dural puncture				
10. Spinal anesthesia				
Documentation of anesthesia				
1. Computer				
2. Flowchart				

Age Specific Practice Criteria

Please check the letter below for each age group for which you have expertise in providing age-appropriate nursing care.

- A.** Newborn/Neonate [birth – 30 days]
- B.** School age children [5 – 12 years]
- C.** Adolescents [12 – 18 years]
- D.** Young adults {18 – 39 years}
- E.** Middle adults [39 – 64 years]
- F.** Older adults [64+]

Experience with age groups:	A	B	C	D	E	F	G	H	I
Able to adapt care to incorporate normal growth and development									
Able to adapt method and terminology of patient and instructions to their age, comprehension and maturity level.									
Can ensure a safe environment reflecting specific needs of various age groups.									

Signature: _____