# LABOR AND DELIVERY
## SKILLS CHECKLIST

**NAME:** ________________________________  **DATE:** ________________

Please check the appropriate column that best describes your experience level and knowledge of the listed topics.

<table>
<thead>
<tr>
<th>Limited Experience</th>
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<th>3</th>
<th>4</th>
<th>Very Experienced</th>
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1. **General Obstetrical Management:**
   a) Assessment of Labor:
   1. Assess for risk factors
   2. Cervical dilation/effacement and changes
   3. Duration/frequency/quality of Contractions
   4. Identity of fetal part

2. **Antepartum Care:**
   a) Preterm labor
   b) Premature rupture of membranes
   c) Pyelonephritis
   d) Hyperemesis gravidarum

3. **Assist with Interventions During Labor:**
   a) Assess monitor/ those requiring anesthesia:
      General, Regional (epidural, local infiltration, spinal)
   b) Cesarean Section
   c) Forceps vaginal delivery/vacuum Extraction delivery
   d) Initiate emergency measures
   e) Knowledgeable of s/s of infant distress
   f) Labor room delivery
   g) Spontaneous vaginal delivery

4. **Intervention During Labor:**
   a) Administer analgesics
   b) Change patient’s positions PRN
   c) Coach in relaxation techniques and psychoprophylactic breathing
   d) Perform a perineal prep
   e) Guide and support labor coach
   f) Initiate emergency protocols
   g) Monitor fluid status
   h) Provide care and monitor after rupture of Membranes (spontaneous or artificial)
   i) Provide emotional support
   j) Provide physical comfort measures

5. **Intrapartum Care of Women With:**
   a) Abruptio placenta
   b) Asthma
   c) Cardiac disease
   d) Cystitis
   e) Diabetes mellitus
   f) Drug/Substance abuse
   g) Eclampsia (seizures)
   h) Hemorrhage
   i) Hypotension from regional anesthesia
   j) Infectious disease: Group Beta Strep, Hepatitis B & C, Herpes, HIV
   k) Mal-presentation
   l) Multiple gestation
   m) Pregnancy-induced hypertension
   n) Pre-eclampsia
   o) Placenta previa
   p) premature labor
   q) Prolapsed cord
   r) RH Incompatibles
   s) Sickle cell crisis

6. **Medication Administration:**
   a) Administer IM and SC medications
   b) Monitor I.V. infusions
   i. Cervical ripening agents: Cervidil, cytotec, and Prostaglandin
   ii. Insulin
   iii. Labor suppressants: MgSO4, Ritodrine, & Terbutalane
   iv. MgSO4 for pre-eclampsia
   v. Oxycontin induction/augmentation Prostaglandin
   vi. Induction
   vii. Intravenous Fluid Administration:
      a) Peripheral access: Angiocath, Butterfly/ and I.V. lock
      b) Administration/maintenance: Peripheral
c) Tubing changes: Peripheral and central
   d) Site care: Peripheral and central
   e) Blood/Blood Products Administration:
      a) Consent
      b) Administration: PC, FFP, and albumin
   f) Discontinuation/transfusion reactions
   g) Postpartum Assessment:
      a) Accurate assessment and documentation of:
         1. Amount and character of lochia
         2. Bladder status
         3. Cesarean section
**LABOR AND DELIVERY**

**SKILLS CHECKLIST**

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<td>4.</td>
<td>Episiotomy</td>
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<td>5.</td>
<td>Fundal consistency and height</td>
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<td>6.</td>
<td>Incision</td>
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<td>Aldrete Score</td>
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<td>Postpartum Intervention:</td>
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<td>a) Assess/foster parent-infant bonding</td>
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<td>b) Assist with initial attempts with breast feeding at/after delivery</td>
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<td>c) Bladder and bowel care</td>
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<td>d) Breast care</td>
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<td>e) Fundal massage</td>
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<td>f) Implement measures to initiate voiding if distention occurs.</td>
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<td>g) Interventions for post cesarean sections</td>
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<td>h) Post-anesthesia recovery care (epidural, general, spinal)</td>
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<td>i) Provide perineal care</td>
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<td>11.</td>
<td>Use of Medical Equipment:</td>
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<td></td>
<td>a) I.V., PCA and epidural pumps</td>
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<td>b) Oxygen tank and regulator</td>
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<td>c) Capillary glucose monitor</td>
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<td>d) Suction apparatus: Wall and portable</td>
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<td>e) Oxygen therapy: Wall and portable</td>
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<td>f) Pulse oximeter</td>
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<td>g) Fetal Heart sounds</td>
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<td>h) Fetal monitor (internal/external cables)</td>
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<td>i) Birthing bed. Electrosurgical device</td>
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<td>j) Non-invasive blood pressure monitor</td>
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<td>k) Infant warmer</td>
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<td>m) Vacuum extractor</td>
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<td>n) Sitz bath</td>
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<td>o) Transfer board</td>
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<td>p) Computer and printer</td>
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<td>q) Reports defective equipment</td>
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**LEGAL ASPECTS**

Knowledge of patient’s rights
Confidentiality
Voluntary & Involuntary Commitment
Discharge AMA from hospital setting

**DOCUMENTATION**

Familiar with Problem oriented charting
Use of Nursing diagnosis
Initiating treatment plans
Defining goals and objectives
Complete Nursing assessment including biological, psychological, spiritual & intellectual functions

**GENERAL L & D NURSING**

Knowledge of responses, collection of date, development of impression planning & implementation
Knowledge of L & D therapies

**SUBSTANCE ABUSE NURSING**

Knowledge of major categories of abused substances in terms of usual route of administration, experimental behavioral responses, behavior related to syndrome
Formulate Nursing diagnosis that incorporate the substance abused, relevant stressors and behaviors observed
Knowledge of common themes and appropriate nursing intervention

**ISOLATION PRECAUTIONS**

Regular Isolation
Reverse Isolation
Enteric Isolation
Respiratory Isolation
Wound and Skin Isolation
Sterile Dressing Changes