

ALL HEALTH STAFFING

Perinatal Skills Checklist

Printed Name: _____ (RN / LPN)

Please enter your experience level according to the Answer Key below:

Answer Key

- 1 = No Experience
- 2 = Less than one year of consistent experience
- 3 = One year of consistent experience
- 4 = Over two years of consistent experience
- 5 = Able to teach and/or supervise

Antepartum

Utilize flow chart documentation _____

Utilize computer documentation _____

Assess for comfort _____

- Positioning _____
- Coaching _____
- Breathing/Relaxation Techniques _____

Assist w/ artificial rupture of membranes _____

- Recognize potential complication _____
- Prolapsed cord _____
- Vasa previa _____

Assist with anesthesia _____

- Paracervical block _____
- Epidural block _____
- Fluid change _____
- Positioning patient _____
- Coaching patient _____
- Vital signs _____
- Signs/symptoms of dural puncture _____
- Intravascular injection _____
- Anesthetic toxicity _____
- Hypotension _____
- Intrathecal narcotics _____
- Spinal anesthesia _____

Documentation related to anesthesia _____

Insert foley catheter _____

Antepartum (con't)

- Insert straight catheter _____
- Set up delivery table _____
- Circulate vaginal delivery _____

Perinatal Therapy/Medication Administration

- Start IV lines _____
- Use local anesthetic _____
- Start heparin locks _____
- Draw blood for lab studies _____
- Utilize universal precautions _____
- Administer IM/SC medication _____
- Assist with protein gel _____
- Use of prostin suppositories _____
- Syringe pumps _____
- Institute blood/blood products _____
- Administer IV meds/monitor IV drips _____
 - Narcotics _____
 - Antibiotics _____
 - Magnesium sulfate _____
 - Heparin _____
 - Insulin _____
 - Oxytocin _____
 - Antihypertensives _____

Labor Assessment

- Perform admission risk assessment _____
- Assess Labor status _____
 - Vaginal exam _____
 - Station _____
 - Effacement _____
 - Dilatation _____
 - Fetal presentation/position _____
 - Sterile speculum exam _____
- Assess for rupture of membranes _____
 - Nitrazine _____
 - Fern test _____
- Collect admission specimens (blood, urine, etc.) _____
- Collect vaginal cultures _____
 - Fluid _____
 - Group B strep _____

Labor Assessment (con't)

- Perform physical assessment _____
- Maternal vital signs assessment _____
- Deviations from the norm _____
- Edema _____
- DTR's _____
- Clonus _____
- Perform Leopold's maneuvers _____
- Auscultate fetal heart rate _____
 - Fetoscope _____
 - Doppler _____
- Apply external fetal heart rate _____
 - Test machine _____
 - Doppler _____
 - Toco _____
- Assist with internal monitors _____
- Insert internal fetal monitor _____
 - Spiral electrode _____
 - Intrauterine pressure catheter _____
 - Fluid filled _____
 - Transducer tipped _____
- Identify normal and treat abnormal FHR patterns _____
 - Baseline _____
 - Variability _____
 - Early decelerations _____
 - Late decelerations _____
 - Prolonged decelerations _____
- Assist with amnioinfusion _____
- Perform amnioinfusion _____
 - For meconium _____
 - For variable decelerations _____
- Document patterns _____
- Document labor status/assessments/intervention _____
 - Anticonvulsants _____
 - Labor suppressants _____

Complications of Pregnancy

- Preeclampsia _____
- HELLP Syndrome _____
- Chronic hypertension _____
- Eclampsia _____

Complications of Pregnancy (con't)

Preterm labor

- Terbutaline
- IV
- SC
- PO
- Pump
- Ritodrine

Preterm labor

- Magnesium sulfate
- Procardia
- Indomethacin
- Other labor suppressants

Placenta previa

Abruptio placentae

Multiple gestation

- Twins
- Triplets
- Quadruplets, etc.

Malpresentations

Diabetes

- Use of glucometer

Cardiac disease

- Recognize common cardiac rhythms/arrhythmias
- Invasive hemodynamic monitoring
- Pulmonary artery catheters
- Central venous lines

Asthma

HIV

HBV

Chorioamnionitis

Pyelonephritis

Other infections

Hemorrhage

Sickle cell disease

Hemolytic anemias

Hyperthyroidism

RH disease

Collagen vascular disease

Obstetric Procedures

Conduct non-stress test

- Stimulate fetus
- Vibroacoustic stimulation

Conduct stress test

- Oxytocin challenge
- Breast stimulation

Perform sonogram

- Amniotic fluid index
- Biophysical profile

Assist with sonogram

Educate patient about fetal movement counts

Assist with fetal scalp sampling

Assist with umbilical blood sampling

Draw umbilical blood samples

Assist with percutaneous umbilical blood sampling

Assist with external vision

Set up Caesarian delivery table

Scrub for Caesarian delivery

Bilateral tubal ligation

- Circulate
- Scrub

Infant Interventions Post Delivery

Assign apgar scores

Assess initial vital signs

Perform newborn physical assessment

- Dubowitz
- Ballard
- Nursing intervention or risk factors related to LGA, SGA, IUGR, IDM

Infant identification (bracelets, footprints, etc.)

Assist with interventions for meconium staining

Neonatal resuscitation

Suctioning – wall, bulb, delee

Eye prophylaxis/Vitamin K

Obtain hematocrit

Cardiac – respiratory monitor

Bath – perform/teacher

Assist w/ initial breast-feeding

Promote bonding behaviors

Cord care

Circumcision care

Infant Interventions Post Delivery (Con't)

Phototherapy _____
Discharge teaching _____

Postpartum Interventions

Vital signs _____
Assess fundal height _____
Assess lochia amount _____
Bladder distension _____
Episiotomy assessment _____
 • Complications _____
Post Caesarian care _____
Post anesthesia care _____
 • Epidural _____
 • Spinal _____
 • General _____
 • Local _____
Patient controlled analgesia _____
Rhogam administration/teaching _____
Sitz bath/other perineal care _____
Discharge teaching _____

Breast-Feeding Education

Exam of breast/SBE teaching _____
Latch-on procedure _____
Positioning _____
Breast pump _____
 • Electric _____
 • Manual _____