
First Name

Last Name



LABOR & DELIVERY SKILLS CHECKLIST

Directions: Please indicate your level of experience by placing a check (✓) in the box. Experience level:

1 No Experience

3 Moderately Experienced-requires initial review, then performs independently

2 Minimal Experience-requires supervision/assistance

4 Very Experienced- proficient

A. ANTEPARTUM

1 2 3 4

1. Assessment

- a. Assess for comfort
- b. Breathing/relaxation techniques
- c. Coaching
- d. Positioning

2. Equipment & procedures

- a. Catheter insertion
 - (1) Foley catheter
 - (2) Straight catheter
- b. Delivery table set-up
- c. Sonogram
 - (1) Amniotic fluid index
 - (2) Assist with sonogram
 - (3) Biophysical profile
 - (4) Perform sonogram

B. LABOR ASSESSMENT

1. Fetal assessment

- a. Auscultate fetal heart rate
 - (1) Doppler
 - (2) Fetoscope
- b. Determine fetal position
- c. Document FHR patterns
- d. Identify normal & treat abnormal FHR patterns
 - (1) Baseline
 - (2) Early decelerations
 - (3) Late decelerations
 - (4) Prolonged decelerations
 - (5) Variability
 - (6) Variable decelerations

2. Mental assessment

- a. Deep tendon reflexes (DTRs)
- b. Edema
- c. Norms for perinatal vital signs
- d. Perform admission risk assessment
- e. Presence of clonus
- f. Progression of labor
 - (1) Contraction characteristics
 - (2) Dilation
 - (3) Effacement
 - (4) Fetal presentation/position
 - (5) Station
 - (6) Status of membranes
 - (7) Sterile speculum exam
 - (8) Vaginal exam

1 2 3 4

g. Rupture of membranes

- (1) Fern test
- (2) Nitrazine

3. Equipment & procedures

- a. Artificial rupture of membranes (assist)
 - (1) Prolapsed cord
 - (2) Recognize potential complications
 - (3) Vasa previa
- b. Document labor status/assessment & interventions
 - (1) Anticonvulsants
 - (2) Labor suppressants
- c. External fetal monitor application
 - (1) Doppler
 - (2) Phono or abdominal, ECG transducer
 - (3) Tocotransducer, ultrasound
- d. Internal monitoring (assist or perform insertion)
 - (1) Intrauterine pressure catheter
 - (a) Fluid filled
 - (b) Transducer tipped
 - (2) Spiral electrode
- e. Perform Leopold's maneuvers
- f. Toxicology studies

4. Medications

- a. Administer IV meds/monitor IV drips
 - (1) Antihypertensives
 - (2) Anti-Tocolytics
 - (3) Heparin
 - (4) Magnesium sulfate
 - (5) Narcotics
 - (6) Narcan
 - (7) Oxytocin
 - (8) Tocolytics
- b. Assist with prostin gel
- c. Cervidil insertion
- d. Use of Cytotec
- e. Use of prostin suppositories

C. COMPLICATIONS OF PREGNANCY

1. Assessment

- a. Identify common arrhythmias
- b. Normal cardiac rhythms
- c. Patient education –fetal movement counts

2. Equipment & procedures

