



Labor and Delivery Skills Assessment Checklist

Name: _____

Date: _____

Please indicate your level of experience

A. Theory, no practice	C. One - two years experience
B. Intermittent experience	D. Two plus years experience

1. Ante partum

a. Assessment				
i. Assess for comfort	A	B	C	D
ii. Breathing/relaxation techniques	A	B	C	D
iii. Coaching	A	B	C	D
iv. Positioning	A	B	C	D
b. Equipment & procedures				
i. Catheter insertion				
ii. Foley catheter	A	B	C	D
1. Straight catheter	A	B	C	D
iii. Delivery table set-up	A	B	C	D
iv. Sonogram				
1. Amniotic fluid index	A	B	C	D
2. Assist with sonogram	A	B	C	D
3. Biophysical profile	A	B	C	D
4. Perform sonogram	A	B	C	D

2. Labor Assessment

a. Fetal assessment				
i. Auscultate fetal heart rate				
1. Doppler	A	B	C	D
2. Fetoscope	A	B	C	D
ii. Determine fetal position	A	B	C	D
iii. Document FHR patterns	A	B	C	D
iv. Identify normal & treat abnormal FHR patterns				
1. Baseline	A	B	C	D
2. Early decelerations	A	B	C	D
3. Late decelerations	A	B	C	D
4. Prolonged decelerations	A	B	C	D
5. Variability	A	B	C	D
6. Variable decelerations	A	B	C	D



b. Maternal assessment					
i.	Deep tendon reflexes (DTRs)	A	B	C	D
ii.	Edema	A	B	C	D
iii.	Norms for perinatal vital signs	A	B	C	D
iv.	Perform admission risk assessment	A	B	C	D
v.	Presence of clonus	A	B	C	D
vi.	Progression of labor				
1.	Contraction characteristics	A	B	C	D
2.	Dilation	A	B	C	D
3.	Effacement	A	B	C	D
4.	Fetal presentation/position	A	B	C	D
5.	Station	A	B	C	D
6.	Status of membranes	A	B	C	D
7.	Sterile speculum exam	A	B	C	D
8.	Vaginal exam	A	B	C	D
vii.	Rupture of membranes				
1.	Fern test	A	B	C	D
2.	Nitrazine	A	B	C	D
c. Equipment & procedures					
i.	Amnioinfusion (assist or perform)				
1.	For meconium	A	B	C	D
2.	For variable decelerations	A	B	C	D
ii.	Artificial rupture of membranes (assist)				
1.	Prolapsed cord	A	B	C	D
2.	Recognize potential complications	A	B	C	D
3.	Vasa previa	A	B	C	D
iii.	Collect blood/urine specimens	A	B	C	D
iv.	Collect vaginal cultures				
1.	Chlamydia	A	B	C	D
2.	Fluid	A	B	C	D
3.	Group B strep	A	B	C	D
4.	Herpes	A	B	C	D
v.	Document labor status/assessment & interventions				
1.	Anticonvulsants	A	B	C	D
2.	Labor suppressants	A	B	C	D
vi.	External fetal monitor application				
1.	Doppler	A	B	C	D
2.	Phono or abdominal transducer	A	B	C	D
3.	Tocotransducer, ultrasound	A	B	C	D
vii.	Internal monitoring (assist or perform insertion)				



1.	Intrauterine pressure catheter				
a.	Fluid filled	A	B	C	D
b.	Transducer tipped	A	B	C	D
c.	Spiral electrode	A	B	C	D
viii.	Perform Leopold's maneuvers	A	B	C	D
ix.	Toxicology studies	A	B	C	D
d.	Medications				
i.	Administer IM/SC	A	B	C	D
ii.	Administer IV meds/monitor IV drips				
1.	Antibiotics	A	B	C	D
2.	Antihypertensives	A	B	C	D
3.	Heparin	A	B	C	D
4.	Magnesium sulfate	A	B	C	D
5.	Narcotics	A	B	C	D
6.	Oxytocin	A	B	C	D
iii.	Assist with prostin gel	A	B	C	D
iv.	Cervidil insertion	A	B	C	D
v.	Use of Cytotec	A	B	C	D
vi.	Use of prostin suppositories	A	B	C	D

3. Complications of Pregnancy

a.	Assessment				
i.	Identify common arrhythmias	A	B	C	D
ii.	Normal cardiac rhythms	A	B	C	D
iii.	Patient education - fetal movement counts	A	B	C	D
b.	Equipment & procedures				
i.	Assist with external version	A	B	C	D
ii.	Assist with fetal scalp sampling	A	B	C	D
iii.	Assist with percutaneous umbilical sampling	A	B	C	D
iv.	Assist with umbilical blood sampling	A	B	C	D
v.	Circulate for Cesarean delivery	A	B	C	D
vi.	Circulate, scrub for bilateral tubal ligation	A	B	C	D
vii.	Conduct contraction stress test				
1.	Breast stimulation	A	B	C	D
2.	Oxytocin challenge	A	B	C	D
viii.	Conduct non-stress test				
1.	Stimulate fetus	A	B	C	D
2.	Vibroacoustic stimulation	A	B	C	D
ix.	Draw umbilical blood samples	A	B	C	D
x.	Glucose reflectometer	A	B	C	D
xi.	Lines/monitoring				



1.	Central venous lines	A	B	C	D
2.	Invasive hemodynamic monitoring	A	B	C	D
3.	PICC lines	A	B	C	D
4.	Pulmonary artery catheters	A	B	C	D
xii.	Scrub for Cesarean delivery	A	B	C	D
xiii.	Set up Cesarean delivery	A	B	C	D
c. Care of the patient with:					
i.	Abruptio placenta	A	B	C	D
ii.	Asthma	A	B	C	D
iii.	Cardiac disease	A	B	C	D
iv.	Chorioamnionitis	A	B	C	D
v.	Chronic hypertension	A	B	C	D
vi.	Collagen vascular disease	A	B	C	D
vii.	Diabetes	A	B	C	D
viii.	Eclampsia	A	B	C	D
ix.	HBV	A	B	C	D
x.	HELLP syndrome	A	B	C	D
xi.	Hemolytic anemia's	A	B	C	D
xii.	Hemorrhage	A	B	C	D
xiii.	HIV positive	A	B	C	D
xiv.	Hypertension	A	B	C	D
xv.	Malpresentations	A	B	C	D
xvi.	Multiple gestation	A	B	C	D
xvii.	Other infections	A	B	C	D
xviii.	Placenta previa	A	B	C	D
xix.	Preeclampsia	A	B	C	D
xx.	Premature labor	A	B	C	D
xxi.	Pyelonephritis	A	B	C	D
xxii.	RH disease	A	B	C	D
xxiii.	Sickle cell disease	A	B	C	D
d. Medications					
i.	Indomethacin	A	B	C	D
ii.	Insulin	A	B	C	D
iii.	Magnesium sulfate	A	B	C	D
iv.	Procardia	A	B	C	D
v.	Ritodrine	A	B	C	D
vi.	Terbutaline				
1.	IV	A	B	C	D
2.	PO	A	B	C	D
3.	Pump	A	B	C	D
4.	SC	A	B	C	D



4. Interventions during pregnancy

a. Cesarean section	A	B	C	D
b. Forceps vaginal delivery	A	B	C	D
c. Monitor patients with anesthesia				
i. General anesthesia	A	B	C	D
ii. Regional anesthesia				
1. Epidural	A	B	C	D
2. Local infiltration	A	B	C	D
3. Spinal	A	B	C	D
d. Spontaneous vaginal delivery	A	B	C	D
e. Vacuum extraction delivery	A	B	C	D

5. Infant Interventions post delivery

a. Assessment				
i. APGAR scoring	A	B	C	D
ii. Initial vital signs	A	B	C	D
iii. Intervention/risk factors for				
1. IDM	A	B	C	D
2. LGA, SGA, IUGR	A	B	C	D
iv. Newborn physical assessment				
1. Ballard	A	B	C	D
2. Dubowitz	A	B	C	D
3. Finnegan scoring	A	B	C	D
b. Equipment & procedures				
i. Assist with initial breast feeding	A	B	C	D
ii. Assist with meconium staining	A	B	C	D
iii. Bath-perform and teach	A	B	C	D
iv. Cardiac-respiratory monitor placement	A	B	C	D
v. Circumcision care	A	B	C	D
vi. Cord care	A	B	C	D
vii. Discharge teaching	A	B	C	D
viii. Heel stick glucose determination	A	B	C	D
ix. Infant identification	A	B	C	D
x. Neonatal resuscitation	A	B	C	D
xi. Obtain hematocrit	A	B	C	D
xii. Obtain neonatal toxicology screen	A	B	C	D
xiii. Phototherapy	A	B	C	D
xiv. Promote bonding behaviors	A	B	C	D
xv. Suctioning				
1. Bulb	A	B	C	D



	2. Delee	A	B	C	D
	3. Wall	A	B	C	D
c. Medications					
	i. Eye prophylaxis	A	B	C	D
	ii. Vitamin K	A	B	C	D
6. Post Partum Interventions					
a. Assessment					
	i. Bladder distention	A	B	C	D
	ii. Breast feeding				
	1. Latch-on	A	B	C	D
	2. Positioning	A	B	C	D
	iii. DVT (Deep vein thrombosis)	A	B	C	D
	iv. Episiotomy	A	B	C	D
	v. Fluid balance	A	B	C	D
	vi. Fundal height	A	B	C	D
	vii. Fundal massage	A	B	C	D
	viii. Lochia amount	A	B	C	D
	ix. Maternal vital signs	A	B	C	D
7. Phlebotomy/IV Therapy					
a. Equipment & procedures					
	i. Administration of blood/blood products				
	1. Cryoprecipitate	A	B	C	D
	2. Packed red blood cells	A	B	C	D
	3. Plasma/albumin	A	B	C	D
	4. Whole blood	A	B	C	D
	ii. Drawing blood from central line	A	B	C	D
	iii. Drawing venous blood	A	B	C	D
	iv. Starting IVs				
	1. Angiocath	A	B	C	D
	2. Butterfly	A	B	C	D
	3. Heparin lock	A	B	C	D
	b. Care of the patient with:				
	i. Central line/catheter/dressing	A	B	C	D
	ii. Peripheral line/dressing	A	B	C	D
8. Pain Management and Anesthesia					
	a. Assessment of pain level/tolerance	A	B	C	D
	b. Care of the patient with:				
	i. Epidural anesthesia/analgesia	A	B	C	D



ii.	IV conscious sedation	A	B	C	D
iii.	Patient controlled analgesia (PCA pump)	A	B	C	D
c.	Assist with delivery of anesthesia				
i.	Anesthesia toxicity	A	B	C	D
ii.	Coaching patient	A	B	C	D
iii.	Epidural block	A	B	C	D
iv.	Fluid challenge	A	B	C	D
v.	Hypotension	A	B	C	D
vi.	Intrathecal narcotics	A	B	C	D
vii.	Intravascular injection	A	B	C	D
viii.	Positioning patient	A	B	C	D
ix.	Signs/symptoms of dural puncture	A	B	C	D
x.	Spinal anesthesia	A	B	C	D
xi.	Documentation of anesthesia				
	1. Computer	A	B	C	D
	2. Flowchart	A	B	C	D

Certification:

Please read and agree to the statements below by signing and dating the bottom of this form.

I attest that the information I have given is true and accurate to the best of my knowledge and that I am the individual completing this form. I hereby authorize RN Exclusive to release this Skills Checklist to the Client facilities in relation to consideration of employment with those facilities.

Signature: _____ Date: _____