

## LABOR AND DELIVERY SKILLS COMPETENCY CHECKLIST

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Total years of Labor & Delivery nursing experience: \_\_\_\_\_

**Please rate your Skill Level:**

**0** – No Experience. Theory Only.

**1** – Limited competency / proficiency.  
Supervision Required.

**2** – Acceptable competency / proficiency.

**3** – Competent / proficient. Performed frequently and independently during the past 2 years.

SKILL	0	1	2	3
<b>I. ADMISSION OF LABOR PATIENT:</b>				
Initial vital signs & evaluation				
Consent & Admission Form				
Admission Risk Assessment				
L&D Admission Documentation				
<b>II. CARE OF PATIENTS WITH:</b>				
Abruptio placenta				
Asthma				
Beta Strep				
Breech presentation				
Cardiac disease				
Cesarean Section				
Chorioamnionitis				
Chronic hypertension				
Collagen vascular disease				
Diabetes				
Eclampsia				
Episiotomy				
Fetal Demise				
HELLP Syndrome				
Hemolytic anemia				
Hemorrhage				
Hepatitis B Virus				
HIV Positive				
Hypertension				
Infants				
IDM Protocol				
AGA Protocol				
LGA Protocol				
SGA Protocol				
Malpresentations				
Multiple gestation				
NSVD				
Placenta previa				
Preeclampsia				
Premature labor				
Prolapsed cord				
Pyelonephritis				
RH disease / incompatibilities				
Seizure				
Sexually Transmitted Diseases				
Sickle Cell disease				
Stillborn				
Substance Abuse				
Trauma				
Uterine Rupture				

SKILL	0	1	2	3
<b>II. CARE OF PATIENTS WITH:</b>				
Vacuum Extraction				
Vasa Previa				
VBAC				
Version				
<b>III. ANTEPARTUM CARE / PROCEDURES:</b>				
Triage of Obstetrical Patients				
Non Stress Tests (NST)				
Oxytocin Challenge Tests (OCT)				
Assist with Ultrasound				
Assist with Amniocentesis				
Assist with Sterile Speculum Exam				
Reflex Checks / Edema Assessment				
Pelvimetry				
Breathing & relaxation techniques				
Coaching				
Delivery table set-up				
Biophysical profile				
Perform sonogram				
Amniotic fluid index				
<b>IV. L&amp;D CARE / PROCEDURES:</b>				
Vaginal Delivery Set Up				
Sterile Vaginal Exams				
Effacement				
Dilatation				
Station				
Presentation				
Leopold's Maneuvers				
AROM – assist				
Premature Membrane Rupturing				
Ruptured Membrane Testing				
Fern Test				
Nitrazine Test				
Foley / Straight Catheter Insertion				
Assess / Document labor progression				
Assess / Document maternal status				
Administer Analgesics				
IUPC Placement / Calibration – assist				
Asses / Document Fetal Status				
External Fetal Monitor (EFM)				
Fetal Scalp Electrode Placement				
Assist with FSE				
Perform FSE				
FHR Pattern Recognition / Interventions				
Fetal Scalp Blood Sampling – assist				
Fetoscope / Doptone				

SKILL	0	1	2	3
<b>IV. L&amp;D CARE/ PROCEDURES (contd):</b>				
Shoulder Dystocia				
Prolapsed Cord & Complications				
Conduct Contraction Stress Test				
Conduct Non Stress Test				
Identify common arrhythmias				
Normal cardiac rhythms				
Assist with external vision				
Draw umbilical cord samples				
Amnioinfusions				
Oxygen Therapy				
Bag & Mask				
Face Mask				
Nasal Cannula				
Intravenous Therapy				
Blood / Blood products transfusion				
Central line maintenance				
Peripheral insertion / maintenance				
Saline / Heparin Lock				
Specimen Collection				
Vaginal Fluid				
Vaginal Swab				
Urine				
Venous Blood Draw				
Emergency Vaginal Delivery				
Spontaneous Vaginal Delivery				
Forceps / Vacuum Vaginal Delivery				
Cesarean Section Set up				
Emergency C-Section				
Scrub for C-Section				
Circulate for C-Section				
Recovery Room care after C-Section				
Assist / Monitor Anesthesia Surveillance				
General Anesthesia				
Patient with regional anesthesia				
Epidural				
Local infiltration				
Spinal				
Post partum tubal ligations				
Circulate & scrub for tubal ligation				
Adult Resuscitation				

SKILL	0	1	2	3
<b>V. POST PARTUM CARE / PROCEDURES:</b>				
Couplet Care				
Parent – Infant bonding / teaching				
Breast Feeding Education / Support				
Maternal Vital Signs				
Fundus Assessment				
Fundal Massage				
Assess bladder distention				
Lochia Assessment				
Perineum Care				
Incisional Care				
Foley Cath / Straight Cath				
Bereavement Support				
Deep vein thrombosis				
Post anesthesia recovery care				
Emergency interventions				

SKILL	0	1	2	3
<b>V. POST PARTUM CARE / PROCEDURES (contd):</b>				
Hemorrhage				
Sterile dressing changes				
Surgical wound care				
Pain Management:				
Patient controlled analgesia (PCA)				
Narcotic Agents				
Non-narcotic agents				
Non-pharmacological measures				

SKILL	0	1	2	3
<b>VI. CARE OF NEWBORN:</b>				
Newborn Assessment / APGAR				
Gestational Age Assessment				
Head circumference measurement				
Intervention / risk factors				
IDM				
LGA				
SGA				
IUGR				
Suctioning (Bulb / Delu)				
Meconium				
ID / Security Banding				
Cord care				
Circumcision				
Set up				
Assist				
Infant Feedings				
Breastfeeding – assist				
Latch-on				
Positioning				
Pumping & storage				
Bottle				
Phototherapy treatment				
Specimen collection				
Heel Stick				
Percutaneous umbilical sampling				
Umbilical blood sampling				
Temperature				
Axillary				
Oral				
Tympanic				
Rectal				
Cardiac respiratory monitor placement				
Infant / neonate Resuscitation				

SKILL	0	1	2	3
<b>VII. PAIN MANAGEMENT &amp; ANESTHESIA:</b>				
Assess pain level & tolerance using scales				
Care of patient with epidural				
IV conscious sedation				
PCA				

SKILL	0	1	2	3
<b>VIII. ASSIST WITH:</b>				
Intervention for anesthesia toxicity				
Coaching patient				
Epidural block				
Fluid challenge				
Intrathecal narcotics				
Positioning patient				
Signs & symptoms of dural puncture				
Spinal anesthesia				

SKILL	0	1	2	3
<b>IX. EQUIPMENT:</b>				
Breast pump				
Electric				
Manual				
Cardiac monitor				
Glucometer				
Oxygen Flow Meter				
Pulse Oximeter				
Infusion Pumps (specific brands)				
-				
-				
Defibrillator				
Radiant Warmer				
PCA Pump				
Phototherapy Equipment				
Bili Lights				
Bili Meter				
Transport Incubator				

<b>X. MEDICATION ADMINISTRATION:</b>				
Antibiotics				
Antihypertensives				
Cervical Ripening Agents				
Epidural Anesthesia				
Heparin				
Indomethacin				
Infant Meds				
Aquamephyton				
Erythromycin ointment				
Insulin				
Magnesium Sulfate				
Narcotics				

SKILL	0	1	2	3
<b>X. MEDICATION ADMINISTRATION (contd):</b>				
Oxytocin				
Procardia				
Prostin Gel				
Prostin Suppositories				
Ritodrine				
Terbutaline				
Continuous IV Administration				
Eye Instillations				
IM Injections				
IV Push				
SQ Injections				
Use of Cytotec				
Vitamin K				
Z-Tract Injections				

<b>XI. ASSESSMENT / OTHER:</b>				
Admission of patients to Post partum/NRSY				
Vital signs				
Assess breath sounds				
Assess heart sounds				
Fontanel assessment				
Neurological assessments				
Thermal environment maintenance				
Use of Sitz bath				
Use of perineal lamp				
Use of restraints				
Care of cesarean section patient				
Administration of blood / blood products				
Care planning				
Charge Nurse responsibilities				
Circulation checks				

Do you speak any other language(s) besides English? Yes / No If YES, please list other language(s): \_\_\_\_\_

Are you familiar with computer charting? Yes / No If YES, what system(s) have you used: \_\_\_\_\_

Comments:

I hereby certify that all information I have provided to RNS Incorporated on this skills checklist is true and accurate. I understand and acknowledge that any misrepresentation or omission may result in disqualification from employment and/or immediate termination.

Nurse Signature: \_\_\_\_\_ Date: \_\_\_\_\_

RNS, Inc. Reviewer Signature: \_\_\_\_\_ Date: \_\_\_\_\_