

**Cambay  
HealthCare**

**Labor and Delivery  
Checklist**

Name:

Date:

Years of Experience:

Directions for completing skills checklist:

The following is a list of equipment and/or procedures performed in rendering care to patients. Please indicate your level of experience/proficiency with each area and, where applicable, the types of equipment and/or systems you are familiar with. Use the following key as a guideline:

- A) Theory Only/No Experience--Didactic instruction only, no hands on experience
- B) Limited Experience--Knows procedure/has used equipment, but has done so infrequently or not within the last six months
- C) Moderate Experience--Able to demonstrate equipment/procedure, performs the task/skill independently with only resource assistance needed.
- D) Proficient/Competent--Able to demonstrate/perform the task/skill proficiently without any assistance and can instruct/teach.

**A. ANTEPARTUM**

	A	B	C	D
1. Assessment				
a. Assess for comfort	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Breathing/relaxation techniques	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Coaching	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Positioning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Equipment & procedures				
a. Catheter insertion				
(1) Foley catheter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) Straight catheter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Delivery table set-up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Sonogram				
(1) Amniotic fluid index	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) Assist with sonogram	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(3) Biophysical profile	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(4) Perform sonogram	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**B. LABOR ASSESSMENT**

1. Fetal assessment				
a. Auscultate fetal heart rate				
(1) Doppler	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) Fetoscope	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Determine fetal position	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Document FHR patterns	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

d. Identify normal & treat abnormal FHR patterns	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(1) Baseline	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) Early decelerations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(3) Late decelerations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(4) Prolonged decelerations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(5) Variability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(6) Variable decelerations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Maternal assessment				
a. Deep tendon reflexes (DTRs)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Edema	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Norms for perinatal vital signs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Perform admission risk assessment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Presence of clonus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Progression of labor				
(1) Contraction characteristics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) Dilation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(3) Effacement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(4) Fetal presentation/position	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(5) Station	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(6) Status of membranes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(7) Sterile speculum exam	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(8) Vaginal exam	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Rupture of membranes				
(1) Fern test	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) Nitrazine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Equipment & procedures				
a. Amnioinfusion (assist or perform)				
(1) For meconium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) For variable decelerations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Artificial rupture of membranes (assist)				
(1) Prolapsed cord	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) Recognize potential complications	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(3) Vasa previa	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Collect blood/urine specimens	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Collect vaginal cultures				
(1) Chlamydia	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) Fluid	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(3) Group B strep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(4) Herpes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Document labor status/assessment & interventions				
(1) Anticonvulsants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) Labor suppressants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. External fetal monitor application				
(1) Doppler	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) Phono or abdominal, ECG transducer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(3) Tocotransducer, ultrasound	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Internal monitoring (assist or perform insertion)				
(1) Intrauterine pressure catheter				
(a) Fluid filled	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(b) Transducer tipped	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) Spiral electrode	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Perform Leopold's maneuvers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

i. Toxicology studies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Medications				
a. Administer IM/SC	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Administer IV meds/monitor IV drips				
(1) Antibiotics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) Antihypertensives	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(3) Heparin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(4) Magnesium sulfate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(5) Narcotics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(6) Oxytocin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Assist with prostin gel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Cervidil insertion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Use of Cytotec	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Use of prostin suppositories	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## C. COMPLICATIONS OF PREGNANCY

1. Assessment				
a. Identify common arrhythmias	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Normal cardiac rhythms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Patient education - fetal movement counts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Equipment & procedures				
a. Assist with external version	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Assist with fetal scalp sampling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Assist with percutaneous umbilical sampling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Assist with umbilical blood sampling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Circulate for Cesarean delivery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Circulate, scrub for bilateral tubal ligation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Conduct contraction stress test				
(1) Breast stimulation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) Oxytocin challenge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Conduct non-stress test				
(1) Stimulate fetus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) Vibroacoustic stimulation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Draw umbilical blood samples	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Glucose reflectometer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. Lines/monitoring				
(1) Central venous lines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) Invasive hemodynamic monitoring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(3) PICC lines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(4) Pulmonary artery catheters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. Scrub for Cesarean delivery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m. Set up Cesarean delivery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Care of the patient with:				
a. Abruptio placenta	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Asthma	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Cardiac disease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Chorioamnionitis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Chronic hypertension	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Collagen vascular disease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Diabetes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Eclampsia	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

i. HBV	○	○	○	○
j. HELLP syndrome	○	○	○	○
k. Hemolytic anemias	○	○	○	○
l. Hemorrhage	○	○	○	○
m. HIV positive	○	○	○	○
n. Hypertension	○	○	○	○
o. Malpresentations	○	○	○	○
p. Multiple gestation	○	○	○	○
q. Other infections	○	○	○	○
r. Placenta previa	○	○	○	○
s. Preeclampsia	○	○	○	○
t. Premature labor	○	○	○	○
u. Pyelonephritis	○	○	○	○
v. RH disease	○	○	○	○
w. Sickle cell disease	○	○	○	○
4. Medications				
a. Indomethacin	○	○	○	○
b. Insulin	○	○	○	○
c. Magnesium sulfate	○	○	○	○
d. Procardia	○	○	○	○
e. Ritodrine	○	○	○	○
f. Terbutaline				
(1) IV	○	○	○	○
(2) PO	○	○	○	○
(3) Pump	○	○	○	○
(4) SC	○	○	○	○

#### D. INTERVENTIONS DURING PREGNANCY

1. Cesarean section	○	○	○	○
2. Forceps vaginal delivery	○	○	○	○
3. Monitor patients with anesthesia				
a. General anesthesia	○	○	○	○
b. Regional anesthesia				
(1) Epidural	○	○	○	○
(2) Local infiltration	○	○	○	○
(3) Spinal	○	○	○	○
4. Spontaneous vaginal delivery	○	○	○	○
5. Vacuum extraction delivery	○	○	○	○

#### E. INFANT INTERVENTIONS POST DELIVERY

1. Assessment				
a. APGAR scoring	○	○	○	○
b. Initial vital signs	○	○	○	○
c. Intervention/risk factors for				
(1) IDM	○	○	○	○
(2) LGA, SGA, IUGR	○	○	○	○
d. Newborn physical assessment				
(1) Ballard	○	○	○	○
(2) Dubowitz	○	○	○	○
(3) Finnegan scoring	○	○	○	○

2. Equipment & procedures				
a. Assist with initial breast feeding	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Assist with interventions for meconium staining	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Bath-perform and teach	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Cardiac-respiratory monitor placement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Circumcision care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Cord care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Discharge teaching	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Heelstick glucose determination	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Infant identification	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Neonatal resuscitation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. Obtain hematocrit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. Obtain neonatal toxicology screen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m. Phototherapy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
n. Promote bonding behaviors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
o. Suctioning				
(1) Bulb	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) DeLee	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(3) Wall	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Medications				
a. Eye prophylaxis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Vitamin K	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## F. POST PARTUM INTERVENTIONS

1. Assessment				
a. Bladder distention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Breast feeding				
(1) Latch-on	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) Positioning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. DVT (Deep vein thrombosis)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Episiotomy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Fluid balance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Fundal height	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Fundal massage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Lochia amount	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Maternal vital signs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## G. PHLEBOTOMY/IV THERAPY

1. Equipment/Procedures				
a. Administration of blood/blood products				
(1) Albumin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) Cryoprecipitate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(3) Packed red blood cells	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(4) Plasma	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(5) Whole blood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Drawing blood from central line	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Drawing venous blood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Starting IVs				
(1) Angiocath	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) Butterfly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

- (3) Heparin lock
2. Care of the patient with:
- a. Central line/catheter/dressing
  - b. Peripheral line/dressing

## H. PAIN MANAGEMENT & ANESTHESIA

1. Assessment
- a. Pain level/tolerance
2. Care of the patient with:
- a. Epidural anesthesia/analgesia
  - b. IV conscious sedation
  - c. Narcotic analgesia
  - d. Patient controlled analgesia (PCA pump)
3. Assist with delivery of anesthesia
- a. Anesthesia toxicity
  - b. Coaching patient
  - c. Epidural block
  - d. Fluid challenge
  - e. Hypotension
  - f. Intradathecal narcotics
  - g. Intravascular injection
  - h. Positioning patient
  - i. Signs/symptoms of dural puncture
  - j. Spinal anesthesia
4. Documentation of anesthesia
- a. Computer
  - b. Flowchart

## AGE SPECIFIC PRACTICE

A.Newborn/Neonate (birth - 30 days)	D.Preschooler (3 - 5 years)	G.Young adults (18 - 39 years)
B.Infant (30 days - 1 year)	E.School age children (5 - 12 years)	H.Middle adults (39 - 64 years)
C.Toddler (1 - 3 years)	F.Adolescents (12 - 18 years)	I.Older adults (64+)

## EXPERIENCE WITH AGE GROUPS

Able to adapt care to incorporate normal growth and development.

Able to adapt method and terminology of patient instructions to their age, comprehension and maturity level.

Can ensure a safe environment reflecting specific needs of various age groups.

My experience is primarily in: (Please indicate number of years)

- |  |  |   |
|--|--|---|
| <input type="radio"/> Medical _____ year(s)      | <input type="radio"/> Cardiothoracic _____ year(s) | <input type="radio"/> Neuro _____ year(s) |
| <input type="radio"/> Neurological _____ year(s) | <input type="radio"/> Cardiovascular _____ year(s) | <input type="radio"/> Burn _____ year(s)  |
| <input type="radio"/> Trauma _____ year(s)       | <input type="radio"/> Coronary care _____ year(s)  | <input type="radio"/> PACC _____ year(s)  |
| <input type="radio"/> Other (specify) _____      | <input type="radio"/> _____                        | <input type="radio"/> _____               |

The information I have given is true and accurate to the best of my knowledge. I hereby authorize Cambay Consulting, LLC to release Labor and Delivery Skills Checklist to client facilities of Cambay in relations to consideration of employment as a Traveler with those facilities.

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Signature

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Date

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Address

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Phone