

**ANTE-NATAL POST PARTUM - KING ABDULAZIZ AIRBASE HOSPITAL  
DHAHRAN, SAUDI ARABIA**

**NURSING SKILLS CHECKLIST**

Please complete the skills checklist using the key to indicate level of expertise for the particular skill.

- A. Minimum of 1 year current experience; performs without supervision
- B. 6-12 months experience within past 2 years; requires assistance at times
- C. <6 months experience; practice and assistance needed with clinical skills
- D> No experience; willing to learn

<u>REQUIRED CLINICAL SKILLS</u>	<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>	<u>COMMENTS</u>
<b>NORMAL PREGNANCY</b>					
Physical assessment of the gravid patient					
- Vital signs					
- Fetal heart rate					
- Weight					
- Urine analysis					
- Gestational age assessment					
* By dates					
* By palpation					
- Breast examination					
- Vulval examination					
- Lower limb examination					
- Check for oedema					
Demonstrate a knowledge of the normal parameters and recognize deviations from the norm.					
<b>HIGH RISK PREGNANCY</b>					
Knowledge of the maternal and fetal implications of the following conditions:					
Diabetes					
- Blood sugar monitoring					
- Insulin teaching					
- Sliding scale					
Pregnancy induced hypertension					
Pre-eclampsia/eclampsia/HELLP					
Multiple pregnancy					
Poly-oligohydramnios					
Prolonged rupture of membranes					
Premature labour-tocolytic therapy					
Ante partum haemorrhage: abruptio placenta, placenta praevia					

<b><u>REQUIRED CLINICAL SKILLS</u></b>	<b><u>A</u></b>	<b><u>B</u></b>	<b><u>C</u></b>	<b><u>D</u></b>	<b><u>COMMENTS</u></b>
IUGR					
Rhesus isoimmunization					
Intra-uterine fetal death					
Obstetric history - shirodkar suture insertion/removal					
<b>OBSTETRICAL EMERGENCIES</b>					
Maternal cardio pulmonary arrest					
Pulmonary embolism					
Eclampsia/seizure					
Uterine rupture/dehiscence					
Cord prolapse					
Pre-term delivery/initial resuscitation of newborn					
Initiate/maintain Basic Cardiac Life Support measures (BCLS or equivalent, certified)					
<b>CARE IN LABOUR</b>					
Recognize onset of labour					
Perform, fetal heart rate monitoring					
- Pinard					
- Doppler					
- CTG					
- CTG Interpretation					
Recognize normal fetal heart trace					
- Fetal bradycardia					
- Fetal tachycardia					
Observe liquor, recognize meconium and blood stained liquor					
Monitor maternal psychological, physical and emotional well being					
Administer medications oral, intramuscular, intravenous, subcutaneous					
Monitor response to labour augmentation (maternal/fetal)					
Recognize uterine hyperstimulation					
Recognize signs 2nd stage of labour/imminent delivery					
<b>PUERPERIUM:</b>					
Palpate fundal height and contractility					
Observe lochia					
Recognize and manage PPH					
Perineal care					
- Lacerations					
- Episiotomy					
- Haematoma					

<b>REQUIRED CLINICAL SKILLS</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>COMMENTS</b>
Breast care					
- Colostrum					
- Breast milk					
Care of patient following epidural anaesthesia					
<b>CAESARIAN SECTION</b>					
Initiate and maintain IV therapy					
- Blood and blood products transfusion					
Wound care					
- Sutures					
- Clips					
- Haemovac drain					
Insert and maintain foley catheter drainage					
<b>NEWBORN BABY</b>					
Initial head to toe assessment					
Reflexes					
Behavior					
Feeding					
- Breast					
- Bottle					
- Fluid requirements					
Elimination					

**Additional Comments:**

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**NAME/SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_