



COMPETENCY CHECKLIST
MOTHER/BABY

Name: _____

Date: _____

Rating Scale:

1. No previous experience.
2. Previous training, but no personal hands on experience.
3. Previous training/hands-on experience. Need additional practice with supervisor.
4. Previous training and experience. Need clearance only.

SKILL	SELF RATING	SKILL	SELF RATING
A. GENERAL PHYSICAL ASSESSMENT		E. GASTROINTESTINAL	
1. Fundal Height		1. Bowel Sounds	
2. Fundal Tone		2. Intake & Output	
3. Evaluation of Lochia		3. Abdominal Percussion	
4. Nipple Integrity		4. Naso-Gastric Tube	
5. Mastitis		5. Rectal Tube	
6. Breast Engorgement		6. Peritonitis	
7. Perineal Integrity		F. GENITOURINARY	
B. NEUROLOGICAL		1. Insertion of Foley Catheter	
1. Knee Jerk Reflex		2. Foley Catheter Care	
2. Pre-eclampsia Care		3. Sitzbath	
3. Eclampsia Interventions		4. Perineal Care	
4. Sensory Deficit Evaluation		5. Episiotomy Assessment	
5. Spinal Headache Care		6. Stress Incontinence	
		7. Bladder Distension	
C. CARDIOVASCULAR		G. INTEGUMENTARY	
1. Dynamap		1. Surgical Prep	
2. Pulse Oximeter		2. Wound Care	
3. 12 Lead EKG		3. Compresses (Hot-Cold)	
4. Code Stipulations & CPR		4. K-Pad	
5. Code Cart		5. Wound Drains	
6. Hypertension		a. Jackson-Pratt	
7. Use of EKG Monitor		b. Hemovac	
		c. Penrose	
D. RESPIRATORY		6. Evaluation of Wound Site	
1. Use of Oxygen Cannula Mask		7. Technique for Dressing Change	
2. Use of Ambu Bag		8. Application of Pressure Dressing	
3. Handling of Blood Gas Specimen		H. MUSCULOSKETAL	
4. Auscultation of Breath Sounds		1. Passive Range of Motion Exercises	
5. Principles of Suctioning		2. Evaluation Post Regional Anesthesia	
6. Postural Drainage		a. Epidural	
7. Respiratory Arrest		b. Spinal	
8. Use of Incentive Spirometer		c. Intrathecal	
9. Coughing & Deep Breathing Techniques			

SKILL	SELF RATING	SKILL	SELF RATING
I. ENDOCRINE/IMMUNOLOGY		L. INFECTION CONTROL PRECAUTIONS	
1. Diabetes Mellitus		1. Respiratory Isolation	
a. Hypoglycemia		2. Universal Precautions	
b. Hyperglycemia		3. Enteric Isolation	
2. Insulin Administration		4. Reverse Isolation	
a. Diabetic Coma		5. Wound/Skin	
4. Insulin Shock		6. Strict Isolation	
5. Gestational Diabetes			
6. Thyroid		M. VASCULAR ACCESS DEVICES	
a. Hypo-		1. Jelco	
b. Hyper-		2. Angiocath	
c. Storm		3. Butterfly	
7. AIDS		4. Hickman Catheter	
8. Lupus Erythematosus		5. A/V Fistula	
J. IV THERAPY		N. NEWBORN CARE	
1. Blood Administration		1. Physical Assessment	
2. Insertion of Peripheral IV		2. Scales	
3. Care of Peripheral IV		3. Temperature	
4. Piggyback Medications		4. Feeding	
5. Heprin Lock		a. Breast	
6. IV Push Medications		b. Bottle	
7. Narcotic Control		5. Cord Care	
8. IVAC Pump		6. Circumcision Care	
9. Complications of Blood Administration		7. Heel Sticks	
		8. Accucheck	
K. SPECIMEN COLLECTION		9. Bathing	
1. Urine-Clean Catch		10. PKU	
2. Urine-Foley Catheter		11. Newborn IV Therapy	
3. Stool		12. Bili-Light	
4. Sputum			
5. Accucheck/Glucscan		O. MISCELLANEOUS/COMMENTS	
6. Throat Culture		1. Technique for Ordering Rhogam	
7. Hematest		2. Administration of Rhogam	
a. Urine		3. Teaching Breastfeeding Techniques	
b. Stool		4. Teaching Perineal Care	
8. Isolation Specimens		5. Transcribe Orders	
9. Blood (CBC, Type, Lab Studies)		6. Admit Patients	
		7. Discharge Patients	