



Skills Workstation Checklist

Shoulder Dystocia

ALSO Provider Course Learner Name: _____

Instructor reads to the group: “The patient is a 26-year-old Gravida 1 Para 0 at 39 4/7 weeks’ estimated gestational age. This pregnancy has been complicated with poorly controlled gestational diabetes. Estimated fetal weight is 3,850 g. There has been slow progress during labor, but eventually there is progression to 10 cm dilation, 100% effaced, and +1 station. Pushing begins. After 3 hours of pushing (with continuous laboring epidural analgesia in place), the fetal head is delivered. However, you note the *turtle sign* occurred immediately, and the anterior shoulder is not delivering easily. How do you now proceed?”

Shoulder Dystocia Skills Workstation

Step		Scoring		
		0 Not done	1 Prompt required	2 Done
H	Call for Help early (nursing, other obstetric clinicians per protocol)	0	1	2
E	E valuate and E xplain (which shoulder anterior/assign roles to your team)	0	1	2
L	Elevate L egs for McRoberts maneuver (Demonstrated Skill)	0	1	2
P	Directs others to perform suprapubic P ressure (specify direction of pressure) (Demonstrated Skill)	0	1	2
E	Consider E pisiotomy (usually not necessary)	0	1	2
Discuss that any of the R ⁴ maneuvers can be attempted first				
R ⁴	R emove the posterior arm (Demonstrated Skill)	0	1	2
R ⁴	R otatory internal maneuvers (Rubin II, Modified Woods, or Reverse Woods)	0	1	2
	Rubin II: pressure on posterior aspect of anterior shoulder (Demonstrated Skill)	0	1	2
	Rubin II + Woods Screw maneuver (Demonstrated Skill)	0	1	2
	Reverse Woods Screw maneuver (Demonstrated Skill)	0	1	2
R ⁴	R oll the patient (Gaskin maneuver) (Demonstrated Skill)	0	1	2
R ⁴	R epeat	0	1	2
Describe options if shoulder dystocia still not resolved; posterior sling, Zavanelli, symphysiotomy, etc.				
Safety and Effectiveness of Demonstrated Skills		Unsafe 0	Safe 3	Safe and Effective 6
Total Score: _____ (Retake if lower than 22)				

Passed (Instructor Signature): _____