

## Skills Workstation Checklist

### Normal Labor and Initial Assessment

BLSO Course Learner Name: \_\_\_\_\_

#### Normal Labor and Initial Assessment Skills Workstation:

Step		Scoring		
		0 Not done	1 Prompt required	2 Done
<b>Review Stages of Labor</b>	First Stage (Active vs Latent)	0	1	2
	Second Stage <ul style="list-style-type: none"> <li>• Cervical Dilation</li> <li>• Pain management options</li> <li>• Newborn:               <ul style="list-style-type: none"> <li>○ Delayed cord clamping</li> <li>○ Dry, warm, skin to skin</li> </ul> </li> </ul>	0	1	2
	Third Stage (AMTSL)	0	1	2
<b>Perform Initial Assessment</b>				
<b>Define Urgency</b>	Bleeding? <ul style="list-style-type: none"> <li>• Quantity?</li> <li>• When did it begin?</li> <li>• Character of bleeding?</li> </ul> Pain? <ul style="list-style-type: none"> <li>• When was the onset?</li> <li>• Where is it located?</li> <li>• Duration?</li> <li>• Severity?</li> <li>• Any aggravating or alleviating factors?</li> <li>• Urge to bear down or have a bowel movement?</li> </ul>	0	1	2
<b>CODE</b>	Complications of pregnancy Obstetric history Dates, dating method Event concerning pregnancy that has prompted care	0	1	2
<b>AMPLE</b>	Allergies Medication Past medical and surgical history Last oral intake Events that lead to request for care	0	1	2
<b>Safety and Effectiveness of Demonstrated Skills</b>		<b>Unsafe</b> 0	<b>Safe</b> 4	<b>Safe &amp; Effective</b> 8

**Total Score:** (Retake if lower than 12)

**Passed (Instructor Signature):** \_\_\_\_\_

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