

Skills Workstation Checklist

Shoulder Dystocia

BLSO 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. The patient is 10 cm dilation, 100% effaced, and +1 station and has been pushing for several hours. The fetal head is delivered; however, you note the *turtle* sign occurred immediately, and the anterior shoulder is not delivering easily. How do you 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	Evaluate and Explain (which shoulder anterior/assign roles to your team)	0	1	2
L	Elevate Legs for McRoberts maneuver (Demonstrated Skill)	0	1	2
P	Directs others to perform suprapubic Pressure (specify direction of pressure) (Demonstrated Skill)	0	1	2
R	Roll the patient (Gaskin maneuver) (Demonstrated Skill)	0	1	2
Describe options if shoulder dystocia still not resolved				
Safety and Effectiveness of Demonstrated Skills		Unsafe 0	Safe 4	Safe and Effective 8
Total Score: _____ (Retake if lower than 9)				

Passed (Instructor Signature): _____