



Skills Workstation Checklist

Assisted Vaginal Delivery

ALSO Course Learner Name: _____

Instructors reads to the group: “The patient is a 24-year-old Gravida 1 Para 0 at 40 2/7 weeks’ estimated gestational age who has had an uncomplicated labor. The cervical examination was 10-cm dilated, 100% effaced, and +1 station just over 2 hours ago, and the patient had been pushing effectively. The patient now reports they are too tired to continue pushing. You have noted that the pushes have become much less effective. The vertex is at +3 station and the patient is requesting your assistance with the delivery. You decide to proceed with a vacuum-assisted delivery. What do you do now?”

Assisted Vaginal Delivery Skills Workstation: Vacuum

Step		Scoring		
		0 Not done	1 Prompt required	2 Done
A	Asks for help	0	1	2
	Address the patient	0	1	2
	Anesthesia adequate	0	1	2
B	Bladder empty?	0	1	2
C	Cervix completely dilated	0	1	2
D	Determines position	0	1	2
	Think shoulder Dystocia	0	1	2
E	Equipment ready	0	1	2
F	Flexion point (placement of vacuum) (Demonstrated Skill)	0	1	2
	Feel for entrapped tissue (before and after application)	0	1	2
G	Gentle traction at 90 degrees to cup (Demonstrated Skill)	0	1	2
H	Halt traction between contractions (Demonstrated Skill)	0	1	2
	Halt if 3 disengagements of cup (<i>pop-offs</i>)	0	1	2
	Halt if 3 pulls without progress	0	1	2
	Halt if >20 minutes of use (consider after >10 minutes)	0	1	2
	Hold cup with thumb, index finger on fetal head	0	1	2
I	Incision considered (not routinely recommended)	0	1	2
J	Jaw (when reachable, release vacuum)	0	1	2
Safety and Effectiveness of Demonstrated Skills		Unsafe 0	Safe 5	Safe and Effective 10
Total Score: _____ (Retake if lower than 36)				

Passed (Instructor Signature): _____