

CHECKLIST: PERFORMING LEOPOLD'S MANEUVER

CRITERIA IN RATING THE STUDENT'S PERFORMANCE

- 2 – Performs and rationalizes the step correctly
- 1 – Performs the step but failed to rationalize
- 0 – Fails to perform the step or task

Name of Student: _____

Date: _____

EXPECTED BEHAVIOR	CASES		
<i>GETTING READY:</i>	2	1	0
1. Prepares the needed equipment			
2. Explains the procedure to the mother			
3. Instructs the mother to empty her bladder			
4. Instructs the mother to lie on her back			
5. Warms hands by rubbing together			
6. Uses palm for palpation			
7. First maneuver: faces the head part of the pregnant woman, palpates for fetal part			
8. Second maneuver: faces the head part of the mother palpates side			
9. Third maneuver: faces the head part of the mother grasp the lower portion of the abdomen just above the symphysis pubis			
10. Fourth maneuver: faces the feet of the mother, press fingers downward on both sides of the uterus above the inguinal ligaments.			
11. Gives positive feedback to the mother about progress of labor			
12. Puts the mother in a comfortable position			
13. Removes all equipment used			
14. Reports progress of labor and any deviation from normal.			
15. Washes hands.			

Answers question/s correctly (2)	
Professional Appearance (Complete Uniform, Good Grooming) (1)	
TOTAL (33 /3.3)=10	

Comments / Suggestions of Instructor:

Signature of Student: _____

Signature of Clinical Instructor: _____

CHECKLIST: CLINICAL Breast Examination

CRITERIA IN RATING THE STUDENT'S PERFORMANCE

- 2 – Performs and rationalizes the step correctly
- 1 – Performs the step but failed to rationalize
- 0 – Fails to perform the step or task

Name of Student: _____

Date: _____

EXPECTED BEHAVIOR	CASES		
	2	1	0
1. Prepare the necessary equipment.			
2. Explains procedure to the patient and discuss advantages of regular breast self-examination.			
3. Obtains a detailed history from the patient.			
4. Asks patient to empty bladder prior to procedure.			
5. Closes the windows and keep privacy to undress.			
6. Raises the bed to the best level.			
7. Prepares good lightning, no glares or shadow.			
8. Washes hands thoroughly, dry them and don new sterile surgical gloves.			
9. Places the patient on a sitting position with her arms at her sides and facing the examiner; undress from waist up.			
10. Inspects the breasts and note for any differences in shape, size, skin puckering dimpling swelling increased warmth or tenderness.			
11. Inspects the nipples and note size, shape and direction in which they point; rashes or sores and nipple discharge.			
12. Repeats inspection in sitting position with arms raised over the head.			
13. Examines the clavicular and axillary regions through the tail of the breast and check for enlarged lymph nodes, tenderness, discoloration, swelling or lesions.			
14. Asks the patient to assume the supine position and put her right arm over her head and inspect & palpate the right breast using the spiral or circular technique / wedge / vertical strip method. Note any lumps or tenderness.			
15. Uses the palms of the hand or the flat surface or flat pads of the three middle fingers, rather than the fingertips to feel large areas of the breast against the chest wall.			
16. Inspects and palpates the areola and nipples. Gently spread the areola and squeeze the nipple between fingers.			
17. Repeats with the left breast and note any difference from the right breast.			
18. Examines the breast between two hands, if it is pendulous.			
19. Assists the patient to dress after completing the examination.			

20. Washes hands and dry them.			
21. Informs the patient if the examination is normal and when to return back for a repeat examination.			
22. Provides the patient health education about breast self-examination.			
23. Records normal and abnormal findings and date of next examination to refer the client to the physician if abnormalities are present.			

Answers question/s correctly (2)	
Professional Appearance (Complete Uniform, Good Grooming) (1)	
TOTAL (49 /4.9)=10	

Comments / Suggestions of Instructor:

Signature of Student: _____

Signature of Clinical Instructor: _____

CHECKLIST: Perineal Care

CRITERIA IN RATING THE STUDENT'S PERFORMANCE

- 2 - Performs and rationalizes the step correctly
- 1 - Performs the step but failed to rationalize
- 0 - Fails to perform the step or task

Name of Student: _____

Date: _____

EXPECTED BEHAVIOR	CASES		
	2	1	0
1. Assembles equipment at bedside.			
2. Introduces self and explain procedure.			
3. Screens the bed and close the door.			
4. Provides woman with the opportunity to empty her bladder and bowel prior to the procedure.			
5. Instructs woman to remove underwear and soiled perineal pad or dressing. Notes for the characteristics of discharges.			
6. Lowers side rails and assist woman in assuming dorsal recumbent position.			
7. Raises bed to comfortable working position.			
8. Puts mackintosh and towel under the woman's buttocks then place the bed pan.			
9. Drapes the woman properly.			
10. Fills wash basin with warm water and antiseptic solution and place wash clothes or dressing in the basin.			
11. Asks the woman to flex her knees and spread her legs apart.			
12. Washes hands.			
13. Don disposable gloves. Fold the lower corner of the bath blanket onto her abdomen.			
14. Flushes the perineal area with warm water or antiseptic solution.			
15. Cleans the area following the sequence below with cotton balls soaked in antiseptic solution. Use single cotton ball for each stroke / sequence. <ul style="list-style-type: none"> a) Mons veneris from inside to outside stroke b) Farthest thigh beginning from inside to outside. c) Nearest thigh by the same manner. d) Farthest labia from the level of clitoris downward to the level of anus. e) Nearest labia by the same way. f) Introitus (in between the two labia) by single downward motion from top to bottom. 			
16. Pours warm water over the perineal area using the same sequence and techniques.			
17. Dries the perineal area by the same way of cleaning using the same sequence and techniques.			
18. Removes the bedpan, and dry buttocks with dressing or wash cloth.			

19. Applies new pad from up to down without touching the surface close to the woman.			
20. Removes and dispose gloves.			
21. Rearranges bed, clothes and make the woman comfortable.			
22. Washes your hands.			
23. Records and document time given, observation on vulva & perineum, abnormalities and responses of the woman.			
24. Gives health teachings about self-perineal care.			
Answers question/s correctly (2)			
Professional Appearance (Complete Uniform, Good Grooming) (1)			
TOTAL (51 /5.1)=10			

Comments / Suggestions of Instructor:

Signature of Student: _____ Signature of Clinical Instructor: _____

CHECKLIST: VAGINAL EXAMINATION DURING LABOR

CRITERIA IN RATING THE STUDENT'S PERFORMANCE

- 2 – Performs and rationalizes the step correctly
- 1 – Performs the step but failed to rationalize
- 0 – Fails to perform the step or task

Name of Student: _____

Date: _____

EXPECTED BEHAVIOR	MARKS		
	2	1	0
1. Reads the chart for previous findings			
2. Prepares the necessary equipment			
3. Explains the procedure to the mother.			
4. Asks the patient to empty her bladder			
5. Provides privacy/ screen the bed			
6. Explains how she should relax during the examination.			
7. Helps the patient to lie on her back with knees flex.			
8. Drapes patient.			
9. Washes hands and don gloving			
10. Observes the external genitalia for the following: <ul style="list-style-type: none"> • Signs of varicosities, edema, vulvar warts or sores • Scars from previous episiotomy or laceration • Discharge or bleeding from vaginal orifice • Color and odor of amniotic fluid, if membranes have ruptured. 			
11. Swabs perineal area with betadine as well as inspects vulva			
12. Changes glove if needed			
13. Assesses mother for readiness.			
14. Lubricates index and middle finger of examining hand (dominant hand) with lubricating jelly.			
15. Inserts the lubricated fingers into vagina, palm side down, pressing downwards.			
16. Turns hand sideways.			
17. Moves fingers widely and measure the full length of the vagina.			
18. Explores the vagina for required information taking care not to touch the clitoris or anus.			
19. Notes the scar from previous perineal wound.			
20. Examines the cervix with the fingers in the vagina turned upwards. Locate the cervical os by sweeping the fingers from side to side.			
21. Assesses the cervix for: Effacement, Dilatation, Consistency and Forewaters			
22. Identifies the presentation by feeling the hard bones of the vault of the skull, the fontanelle and sutures.			
23. Identifies the position by feeling the features of the presenting part.			
24. Assesses the molding, by feeling the amount of overlapping of skull bones.			

At the completion of the examination:			
25. Withdraws fingers from the vagina, take care to note the presence of any blood or amniotic fluid on the examining fingers.			
26. Dries the vaginal orifice in reverse order.			
27. Removes gloves and wash hands.			
28. Auscultates the fetal heart tones			
29. Assists the mother in comfortable side lying position			
30. Informs patient the progress of labor			
31. Records findings			
32. Do after care			

Answers question/s correctly (2)	
Professional Appearance (Complete Uniform, Good Grooming) (1)	
TOTAL (67 /6.7)=10	

Comments / Suggestions of Instructor:

Signature of Student: _____ Signature of Clinical Instructor: _____

CHECKLIST: MANAGEMENT OF THE THIRD STAGE OF LABOR
(Conducting Delivery of Placenta)

CRITERIA IN RATING THE STUDENT'S PERFORMANCE

- 2 - Performs and rationalizes the step correctly
- 1 - Performs the step but failed to rationalize
- 0 - Fails to perform the step or task

Name of Student: _____

Date: _____

EXPECTED BEHAVIOR	CASES		
	2	1	0
1. Wears personal protective device			
2. Washes hands and wears sterile gloves			
3. Places one hand over the fundus to feel the contraction of the uterus.			
4. Watches for signs of placental separation: lengthening of the cord, gush of blood, fundus becoming round and placenta descending into the vagina.			
5. Asks the patient to bear down as the uterus contracts, as she did during the second stage of labor [controlled cord contraction can be used to deliver placenta/ Brandt-Andrews method]			
6. Grasps placenta in cupped hands as soon as it passes through the introitus			
7. Twists the placenta round and round with gentle traction.			
8. Catches the membranes with an artery forceps and give gentle traction.			
9. Notes the time of delivery of placenta			
10. Performs controlled cord traction or Brandt Andrews maneuvers if expulsion fails in 20-30 minutes			
11. Examines the patient's vulva, vagina and perineum for any laceration.			
12. Massages the uterus to make it contract for expulsion of any retained clots.			
13. Cleans the vulva and surrounding area with antiseptic solution and place perineal pad.			
Post Procedure Tasks:			
14. Assesses patient's vital sign, uterine fundus and blood loss			
15. Changes the mother's gown, straighten mother's legs, cross them and make her comfortable.			
16. Cleans and replace articles			
17. Removes gloves and wash hands			
18. Records the details of delivery and condition of the mother and baby.			

Answers question/s correctly (2)

Professional Appearance (Complete Uniform, Good Grooming) (1)

TOTAL (39 /3.9)=10

Comments / Suggestions of Instructor:

Signature of Student: _____

Signature of Clinical Instructor: _____

CHECKLIST: PERFORMING EXAMINATION OF PLACENTA

CRITERIA IN RATING THE STUDENT'S PERFORMANCE

- 2 – Performs and rationalizes the step correctly
- 1 – Performs the step but failed to rationalize
- 0 – Fails to perform the step or task

Name of Student: _____

Date: _____

EXPECTED BEHAVIOR	CASES		
	2	1	0
1. Don gloves.			
2. Twists the cord twice around the fingers.			
3. Inserts hand through the hole to view the membranes and the blood vessel.			
4. Examines two membranes, amnion and chorion for completeness and presence of abnormal vessels.			
5. Removes any clots present.			
6. Examines the maternal surface for any broken fragments.			
7. Assesses for presence of abnormalities such infarctions and calcifications.			
8. Inspects the cut end of the umbilical cord for presence of three umbilical vessels.			
9. Measures the length of the umbilical cord.			
10. Weighs the placenta on weighing scale.			
11. Places the placenta in the bin for proper disposal.			
12. Don after care of the area and the supplies used.			
13. <i>POST PROCEDURE TASKS:</i>			
14. Removes gloves and wash hands.			
15. Records the findings of placental examination.			

Answers question/s correctly (2)	
Professional Appearance (Complete Uniform, Good Grooming) (1)	
TOTAL (33 /3.3)=10	

Comments / Suggestions of Instructor:

Signature of Student: _____

Signature of Clinical Instructor: _____

CHECKLIST: IMMEDIATE NEWBORN CARE

CRITERIA IN RATING THE STUDENT'S PERFORMANCE

- 2 – Performs and rationalizes the step correctly
- 1 – Performs the step but failed to rationalize
- 0 – Fails to perform the step or task

Name of Student: _____

Date: _____

EXPECTED BEHAVIOR	CASES		
	2	1	0
1. Prepares instruments needed			
2. Receives the baby in sterile linen and puts under the radiant warmer with the head slightly downward (15°) or in side lying.			
3. Clears off mucus			
4. Checks apgar rating at 1 minute and 5 minutes and record.			
5. Keeps the baby clean and dry			
6. Performs cord care aseptically.			
7. Ties identification tags on wrists and on the leg of baby.			
8. Instills eye ointment to each eye.			
9. Administers vitamin K and Hepatitis vaccine			
10. Checks patency of rectum			
11. Measures the weight, length, head, chest and abdominal circumference of the baby.			
12. Takes footprints for baby and fingerprints for mother.			
13. Checks vital signs			
14. Clothes the baby that is appropriate for the climate.			
POST PROCEDURE TASKS:			
15. Observes the baby frequently at least for 4-8 hours.			
16. Fills baby card and documents any abnormality.			
17. Ensures proper disposal of waste			

Answers question/s correctly (2)	
Professional Appearance (Complete Uniform, Good Grooming) (1)	
TOTAL (37 /3.7)=10	

Comments / Suggestions of Instructor:

Signature of Student: _____

Signature of Clinical Instructor: _____

CHECKLIST: POSTPARTUM ASSESSMENT

CRITERIA IN RATING THE STUDENT'S PERFORMANCE

- 2 – Performs and rationalizes the step correctly
- 1 – Performs the step but failed to rationalize
- 0 – Fails to perform the step or task

Name of Student: _____

Date: _____

EXPECTED BEHAVIOR	CASES		
	2	1	0
1. Prepares the equipment.			
2. Explains the purpose of the procedure and obtain consent to perform.			
3. Instructs the woman to empty bladder before starting procedure.			
4. Closes curtains and doors.			
5. Washes hands thoroughly.			
6. Don clean gloves.			
7. Positions the patient on her back, with knees slightly flexed and abdomen uncovered.			
8. Stand sat the right side of the patient's bed.			
FUNDAL Assessment			
9. Assesses the fundal level, position, size and consistency then do massage as needed.			
10. Supports the uterus by cupping one hand against the lower uterine segment (just above the symphysis pubis)			
11. Uses gently the side of the other cupped hand to determine the location of fundus between umbilicus and symphysis pubis.			
12. Measures by finger breadth how far the fundus from the umbilicus.			
13. Determines the size, position and consistency.			
LOCHIA Assessment			
14. Assists patient to remove underwear and perineal pad.			
15. Asks the patient how often she changes perineal pad.			
16. Determines the type, odor and consistency of lochia flow.			
17. Observes the amount of lochia.			
PERINEUM Assessment			
18. Positions the patient in a side lying position with top leg forward.			
19. Assesses the episiotomy thru the acronym REEDA.			

POST PROCEDURE TASKS			
20. Puts new perineal pad and underwear after performing perineal care.			
21. Helps the patient to adjust her clothes and place her in a comfortable position.			
22. Removes gloves by turning them inside out, discard, and wash hands.			
23. Documents the findings and record it accurately in the file.			

Answers question/s correctly (2)	
Professional Appearance (Complete Uniform, Good Grooming) (1)	
TOTAL (49 /4.9)=10	

Comments / Suggestions of Instructor:

Signature of Student: _____

Signature of Clinical Instructor: _____

CHECKLIST: POSTPARTUM BREAST CARE

CRITERIA IN RATING THE STUDENT'S PERFORMANCE

- 2 – Performs and rationalizes the step correctly
- 1 – Performs the step but failed to rationalize
- 0 – Fails to perform the step or task

Name of Student: _____

Date: _____

EXPECTED BEHAVIOR	CASES		
	2	1	0
1. Prepares the necessary equipment and take it into the bedside table.			
2. Explains the purpose of the procedure and obtain consent to perform.			
3. Closes curtains and doors.			
4. Washes hands thoroughly with soap and water.			
5. Don clean gloves.			
BREAST CARE			
6. Assists woman to a comfortable position, supine or sitting, with the upper garments removed exposing the breasts.			
7. Assesses the condition of the woman's breasts and nipples.			
Inspect nipples for reddening, erosions, or fissures and perform the following:			
8. Applies A & D ointment, a lanolin cream (always remove before breast-feeding)			
9. Instructs to air-dry areas for 15 minutes, several times per day.			
10. Instructs to squeeze a small amount of breast milk onto her nipples.			
11. Checks breasts for signs of engorgement (swelling, tender, tense, shiny breast tissue).			
<i>If breasts are engorged and the woman is breast-feeding</i>			
12. Allows warm-to-hot shower water to flow over the breasts. Apply hot compresses on the breasts.			
13. Expresses some milk manually or by breast pump			
14. Nurses the infant.			
15. Administers a mild analgesic as indicated and prescribed.			
<i>If breasts are engorged and the mother is bottle-feeding:</i>			
16. Teaches the woman to avoid handling her breasts and avoid letting warm water fall on her breasts during showers.			
17. Suggests the application of ice bags to the breasts.			
18. Administers moderately strong analgesics as indicated and prescribed.			
19. Teaches the woman to wash her breasts with warm water WITHOUT soap.			
20. Teaches the woman to wear a bra night and day.			
21. Instructs the breast-feeding woman regarding proper nutrition:			
POST PROCEDURE TASKS			
22. Helps the patient to adjust her clothes and place her in a comfortable position.			
23. Removes gloves by turning them inside out, discard, and wash hands.			
24. Documents accurately the findings and management in the file.			

Answers question/s correctly (2)	
Professional Appearance (Complete Uniform, Good Grooming) (1)	
TOTAL (51 /5.1)=10	

Comments / Suggestions of Instructor:

Signature of Student Nurse: _____

Signature of Nurse Lecturer: _____

CHECKLIST: VAGINAL MEDICATION

CRITERIA IN RATING THE STUDENT'S PERFORMANCE

- 2 – Performs and rationalizes the step correctly
- 1 – Performs the step but failed to rationalize
- 0 – Fails to perform the step or task

Name of Student: _____

Date: _____

EXPECTED BEHAVIOR	CASES		
	2	1	0
1. Introduces yourself to the mother and explain the procedure.			
2. Asks the mother if she has ever had the procedure before			
3. Checks the physician's order for the name of the drug to be given and the time of administration			
4. Asks mother to void			
5. Washes hands			
6. Arranges the supplies near the client's bed			
7. Keeps privacy			
8. Helps the client to assume a dorsal-recumbent position.			
9. Drapes the mother's abdomen and lower extremities.			
10. Adjusts the lighting so that the client's vaginal orifice is illuminated adequately.			
11. Done examination gloves			
12. Cleanses the Perineal area and vaginal orifice with cotton balls and antiseptic solution to remove discharge.			
13. Removes the suppository from the foil. Place the suppository in an applicator			
14. Gently retract the woman's labia with your non dominant hand			
15. Inserts the tapered end of the suppository with your index finger or the applicator along the posterior wall of the woman's vagina(about 3-4 inches)			
16. Wipes the mother's perineal area and labia from front to back with toilet tissue.			
17. Applies a Perineal pad			
18. Removes your gloves inside out and discard them into a waste receptacle			
19. Instructs the mother to remain on her back for at least 10 minutes.			
20. Inspects the mother's outer perineal area for signs of irritation or unexpected discharge.			
21. Asks the client about pruritus, burning, or discomfort.			
22. Records the procedure. Note the color, odor, and consistency of the discharge and the client's response to the procedure.			

Answers question/s correctly (2)	
Professional Appearance (Complete Uniform, Good Grooming) (1)	
TOTAL (47 /4.7)=10	

Comments / Suggestions of Instructor:

Signature of Student Nurse: _____

Signature of Nurse Lecturer: _____