



SKILLS CHECK OFF SHEET

Skills need to be performed in front of a registered IRM preceptor. Skills can only be checked off if the preceptor feels the skills were performed correctly and proficiently.

- PULSE** - Can obtain an accurate pulse.
- RESPIRATIONS** - Count respirations per minute on mother and baby.
- MANUAL BLOOD PRESSURE** - Proper use and knowledge of healthy and unhealthy readings.
- TEMPERATURE** - Properly clean and use thermometers of various kinds.
- FETAL HEART TONES** - (with a fetoscope and a doppler) Listen and count fetal heart tones within 60 seconds.
- MEASURE FUNDAL HEIGHT** - Measures fundal height from top of pubic bone to top of fundus. Obtains accurate measurement.
- INTERNAL VAGINAL EXAM** - Proper assessment of dilation, effacement and station.
- CPR** - Must have a current certificate and review proper technique with preceptor.
- NEONATAL RESUSCITATION** - Must have a current certificate and review proper technique with preceptor. NRP and HBB acceptable.
- PROPER INJECTION TECHNIQUE** - Demonstrates how to properly inject using a needle and syringe.
- DRAWING MEDICATION FROM SINGLE AND MULTI-USE AMPULE** - Demonstrates proper technique in both single and multi-use ampules.
- IV START UP AND USE** - Demonstrates IV start up and use.
- PROPER PLACENTA DELIVERY** - Demonstrates how to properly deliver a placenta and has knowledge of delayed cord clamping as well as active management.
- STEPS TO PREVENT/TREAT HEMORRHAGE** - Demonstrates and has knowledge of the following: fundal check and massage, drug administration, herbal tinctures, bi-manual compression, uterine exploration and removal of blood clots.



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- PROPER SUTURE TECHNIQUES** - Demonstrates and has knowledge of interrupted and continuous stitches.
- PROVIDES BREASTFEEDING SUPPORT** - Demonstrates knowledgeable support given in a helpful manner.
- DISCUSS NATURAL FAMILY PLANNING WITH CLIENT** - Has knowledge of the Sympto-thermal method (STM) and the pros and cons of IUDs, hormone contraceptives, herbal preparations, and condoms.
- NEWBORN EXAM** - Must include: heart rate, respiration, reflexes (Babinski, stepping, Moro, planter, palmer, rooting reflex), APGAR at 1 and 5 minutes, muscle tone, color, weight, temperature, length, chest and head circumference, head moldings, caput, fontanel, complete palate, tongue tie, lip tie, New Ballard scale, general appearance, eye reactivity, ear placement, clavicle, extremities, chest retractions, nasal flaring, RDS, lung sounds, respiration, hip dysplasia, abdomen, bowel sounds, genitals, anus, spine, and hearing.
- WELL WOMAN EXAM** - Must include: Height, general physical appearance, weight, temperature, baseline pulse, baseline blood pressure, palpation of thyroid and lymph glands in neck, eyes, ears, breast exam, heart and lungs with a stethoscope, kidney pain, CVAT, spine, upper and lower extremities, knee reflex, skin tone.
- ROUTINE PRENATAL EXAM** - Must include: Urinalysis, weight with proper use of scale, blood pressure, fundal height, palpation of the fetus to determine engagement, position and lie, fetal heart tones, finds the due date using a gestational wheel or calendar, assesses edema, discusses mothers concerns/answers questions, and proficiently charts findings.
- POSTPARTUM EXAM** - Must include: Monitoring of bleeding/blood clots,(color, amount and odor). Palpate fundus for firmness and position. Urination and bowel movements, maternal intake and output, (proper nutrition and hydration). Vitals. Inquire about soreness, swelling or pain in the perineal area and examine sutures or tears. Inquire about after pains. Baby's length, weight, respiration, and heart rate. Inquire about wet diapers and bowel movements. Remove cord clamp if applicable. Observe at least one nursing session and offer support if needed. Answer questions/concerns and properly chart findings.
- STERILE TECHNIQUE** - Demonstrates and has knowledge of the importance of sterile technique.
- PROPER HAND WASHING** - Demonstrates proper hand washing skills.
- GLOVING AND UNGLOVING** - Demonstrates proper gloving and ungloving techniques.
- ADMINISTERING OXYGEN** - Demonstrates administration of oxygen to mother and baby. Has knowledge of proper dosage.



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- SPECULUM USE** - Demonstrates and has knowledge of proper speculum use and when it is indicated.
- PROPER SHARPS DISPOSAL** - Demonstrates disposal of shapes in a safe and efficient manner.
- PROPER CHARTING AND DOCUMENTATION** - Properly charts initial exams, prenatal exams, birth information, postpartum exams; remembering to ask for any known allergies, surgeries or complications. Has knowledge of acronyms.

Name of Applicant: _____ ID # _____

Name of Preceptor: _____ ID # _____

Date Skill Sheet was completed: _____

Please direct all questions and submit completed form to test@internationalmidwife.org.