



**POST PARTUM  
SKILLS CHECKLIST**

**Advantage NURSING SERVICES, INC**

— *Qualified Professionals According to Need* —

Date \_\_\_\_\_

Name \_\_\_\_\_

Signature \_\_\_\_\_

*Please select the column that most accurately describes your proficiency level...*

**Level of Proficiency**

When completing this checklist, please indicate your level of proficiency in each area according to the scale below. Place a check mark in the column to the right which best describes your expertise with each skill.

1. No experience
2. Knowledgeable / Moderate experience
3. Competent / Proficient

SKILL	Check Proficiency		
	1	2	3
<b>POSTPARTUM ASSESSMENT:</b>			
Status in Involution:			
Fundus			
Lochia			
Episiotomy/Perineum			
Incision (Cesarean Section)			
Physiological Adaptation:			
Vital Signs			
Intake and Output:			
i. Check Urine for Glucose			
ii. Ketones			
iii. Protein			
iv. Specific Gravity			
Assess Breasts for Engorgement			
Provide Symptomatic Relief			
Assess Perineum for:			
i. Hematoma			
ii. Hemorrhoids			
Assess GI Function Post-Anesthesia			
Parental-Infant Interaction/Attachment			
<b>POST PARTUM INTERVENTIONS:</b>			
Assessment:			
Bladder Distention			
Breast Engorgement			
DVT (deep vein thrombosis)			
Episiotomy			
Fluid Balance			
Fundal Height			
GI Function Post Anesthesia			
Spontaneous Vaginal Delivery Patient			
Caesarean Delivery Patient			
Patient Post Tubal Ligation			

SKILL	Check Proficiency		
	1	2	3
<b>POST PARTUM INTERVENTIONS: Continued</b>			
Teach/Assist With:			
Infant Caretaking Skills			
Breastfeeding:			
i. Use of Electric Breastpump			
ii. Use of Manual Pump			
Formula Preparation and Feeding			
Breastfeeding/Parent Education:			
i. Latch-on Procedures			
ii. Positioning			
Formula Preparation and Feeding			
Infant Care Restraint Systems			
Infant Caretaking skills			
Perineal Care			
Institute Measures to Help a Patient to Void			
Insert Straight of Foley Catheter			
Perform/Teach Peri-Care			
Apply Ice to Perineum			
Observe/Monitor Recovery Post Anesthesia			
Sitz Bath Instruction			
Perform Adult Cardiopulmonary Resuscitation			
Assess and Intervene in Event of:			
Hemorrhage			
Infection			
Lochia Amount			
Maternal Vital Signs			
Parental/Infant Interaction/Attachement			
Perineum:			
Hematoma			
Hemorrhoids			

**POST PARTUM Skills Checklist Continued...**

SKILL	Check Proficiency		
	1	2	3
<b>POSTPARTUM INTERVENTION: Continued</b>			
Equipment and Procedures:			
Adult Cardiopulmonary Resuscitation			
Contraceptive Counseling			
Discharge Teaching			
Foster Parental-Infant Interaction/ Attachment			
Post Anesthesia Care			
i. Epidural			
ii. General			
iii. Local			
iv. Spinal			
Care of the Patient With:			
Asthma			
Cardiac Disease			
Cesarean Section			
Diabetes Mellitus			
Infectious Disease			
Known Substance Abuse			
Multiple Births			
Post Tubal Ligation			
Pregnancy Induced Hypertension/ Preeclampsia			
Spontaneous Vaginal Delivery			
Medications:			
Antibiotics			
Diluted Oxytocin Infusion			
IM Administration			
Rhogam Administration/Teaching			
SC Medications, including Narcotics			
<b>PAIN MANAGEMENT:</b>			
Assessment of Pain Level/Tolerance			
Care of the Patient With:			
Epidural Anesthesia/Analgesia			
IV Conscious Sedation			
Patient Controlled Analgesia (PCA pump)			

Revised by: \_\_\_\_\_