



# CHAPTER 17

## SKILL GUIDE

### Outdoor Emergency Care: A Patroller's Guide to Medical Care, Sixth Edition

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## Skill Guide 17-1

Date: \_\_\_\_\_

(CPI) = Critical Performance Indicator

Candidate: \_\_\_\_\_

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_

### Assisting with Childbirth

Objective: To assist with childbirth.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Obtain sterile OB kit or necessary equipment for delivery.	1		
Assist mother in removing clothing and positioning her into a semi-Fowler position on a firm, padded surface, elevating her buttocks 2-4 inches in relation to her back.	1		
Time contractions from the start of one contraction to the start of the next. Note the duration of each contraction by feeling the abdomen.	1		
Once the baby is crowning, encourage the mother to push the baby's head out; Apply gentle pressure with your gloved hand to the top of the baby's head to support it as it emerges.	1		(CPI)
Once the head is delivered, feel for the umbilical cord around the baby's neck. If present, gently lift the cord over the baby's head. If unable to lift the cord over the baby's head, immediately place two clamps or umbilical ties around the cord 2 to 4 inches apart and at least 6 inches from the child, then cut the cord between the clamps.	1		(CPI)
Gently guide the baby's head down slightly to help deliver the upper shoulder. Support the baby's head with one hand and its upper body with your other hand as the shoulders are delivered.	1		(CPI)

Rotate the baby 180 degrees so it is supine against your body, with one hand holding the head and neck, and the torso resting on the same hand's forearm. Hold the newborn with the head slightly lower than the body to facilitate drainage of secretions.	1		(CPI)
Record the time and location of the birth for later entry on a birth certificate.	1		
If there is obvious obstruction to the baby's spontaneous breathing, immediately suction the baby's mouth and then the nostrils, using a soft rubber bulb syringe. Note if the fluid in the baby's mouth and nose does not appear clear, it is a sign of meconium (stool) in the amniotic fluid.	1		(CPI)
Cut the umbilical cord. Place two clamps or tie two cloth shoelaces about 6 inches from the baby and about 2 to 4 inches apart, then cut the cord between the clamps or laces.	1		(CPI)
Prepare for the delivery of the placenta. Allow the placenta to come out of the vagina by itself about 20 to 30 minutes after the baby is delivered. Transport placenta with mother and baby to hospital.	1		
Place a sanitary napkin between mother's legs. Massage mother's lower abdomen in a circular motion.	1		
Must receive 11 out of 12 points.			

Comments: \_\_\_\_\_

Failure of any of the CPIs is an automatic failure.

Evaluator: \_\_\_\_\_ NSP ID: \_\_\_\_\_

PASS      FAIL