

**FOOTHILL COLLEGE EMS PROGRAMS
PREHOSPITAL CHILDBIRTH
SKILLS LABS**

PERFORMANCE OBJECTIVE

The rescuer will demonstrate ability to care for mother and newborn baby during a pre-hospital childbirth, normal delivery. Taking More than 15 minutes is a “FAIL” for this skill.

CONDITIONS

The Patient is 30 years old, this is her second vaginal delivery. The Simulated Patient will appropriately answer all questions pertaining to the history of the pregnancy and impending birth.

EQUIPMENT

PPE OB manikin and infant manikin OB kit

| SKILLS PRACTICE SHEETS |
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| Rescuer States: “I would perform PENMAN” Student puts on two pair of gloves, sterile first, than non-sterile |
| Rescuer States: “Hello, my name is _____, I’m an EMT. I am going to help you.” |
| Rescuer States: “Do you feel the need to push or to have a bowel movement?” |
| Rescuer States: “I need to examine you to see if the baby’s head is crowning.” |
| Rescuer States: Observes for Crowning <ul style="list-style-type: none"> ● States - “The baby’s head is crowning, your baby will be delivering soon.” ● States - “Please breath through your mouth and try not to push.” |
| Rescuer Performs: Ask the following questions <ul style="list-style-type: none"> ● Asks - “Are you under a doctor’s care?” ● Asks - “Does your doctor expect any problems with this delivery?” ● Asks - “Is this your first vaginal delivery?” ● Asks - “When did the contractions begin?” ● Asks - “How far apart are the contractions?” |
| Rescuer Opens OB Kit and Sets it Up for Delivery and Performs: <ol style="list-style-type: none"> 1. Wipes from <u>Top to Bottom</u>, starting at each side of the vagina and working outward laterally (from the center out) 2. Removes dirty gloves (top pair) using proper technique. 3. Student applies <u>gentle diffuse pressure</u> with one hand to the baby's head to prevent sudden expulsion. (May use a 4x4 pad) 4. Student uses the other hand, as the baby's head emerges, to apply downward pressure on the perineum, directly below the vaginal opening. (To prevent or minimize tearing) 5. When the baby’s head is out - Observes position of the Umbilical Cord and reports to scorer the presence or absence of the cord around the baby’s neck. If you saw the cord around the neck <ul style="list-style-type: none"> ● States - “I would loosen the Cord from around the baby's neck, or Slip the Cord over the baby's head or shoulders.” ● “If neither of those were possible, I would place 2 clamps on Cord and cut the Cord between the clamps.” |
| Rescuer Performs Airway Management: <ul style="list-style-type: none"> ● States: if fluid is present, use 4x4 to swab mouth clean. If copious amounts of fluid are present I would suction mouth first (2 times) - <ul style="list-style-type: none"> ○ Squeezes air out of the bulb syringe before entering either nose or mouth. ○ Does not release “squeeze” until ready to suction either nose or mouth. Suction mouth first, nose last. |
| Rescuer Performs: <ol style="list-style-type: none"> 1. Applies <u>gentle</u> downward pressure to the head to release the upper shoulder. 2. Applies <u>gentle</u> upward pressure on the head to release the lower shoulder. |

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| <ol style="list-style-type: none"> 3. Keep the baby below the level of the mother's hips until the cord stops pulsating. 4. Holds baby securely using a firm, but gentle grip. 5. Repeat suction steps as above if fluid is still present. 6. Wraps the baby in a clean blanket for warmth. (The Head Must Be Covered) |
| Rescuer States: "The One minute APGAR score is ____." <i>[Student explains the five components of the APGAR score.]</i> |
| Rescuer States: <ul style="list-style-type: none"> • "The cord has stopped pulsating." Places first clamp 6-8 inches from baby • Place the second clamp 2 to 4 inches from the first clamp, closer to the mother. |
| Rescuer States: <ul style="list-style-type: none"> • "I would place the baby on the mother's abdomen with the baby on its side facing mom. (Cord remains attached)" |
| Rescuer States - "I would place the placenta in a plastic bag for transport with the patient." |
| Rescuer States - "I would assess the perineum for profuse bleeding." |
| Rescuer Performs: "I would massage the uterus approximately every five minutes, or as needed, to keep it firm and minimize bleeding." <ol style="list-style-type: none"> 1. Feel for the uterus. Using both hands to massage the area until the uterus feels firm, or bleeding becomes minimal or stops. |
| Rescuer Performs: "I would place a Peri Pad on perineum." |
| Rescuer States: "The 5 minute APGAR score is ____." <i>[The Proctor can determine if they want the student to repeat the five components of the APGAR score again.]</i> |
| Rescuer States What is the Ongoing Newborn Care Within the First Minutes |
| <ul style="list-style-type: none"> • "I will maintain airway, clearing it as necessary" • "I would dry and wrap the newborn in a blanket or towels to keep warm and prevent hypothermia" • "If the heart rate is less than 60, gasping or apneic: I would provide CPR, monitor SpO₂ in neonate, I would cut umbilical cord for better access to newborn" • "I would place on mother's chest to help retain warmth" |

Critical Criteria

- ___ Failure to verbalize PENMAN
- ___ Failure to identify or manage a nuchal cord
- ___ Failure to immediately managing airway of the newborn
- ___ Performs any dangerous activity during delivery (pulls on fetus, places fetus in a dangerous position, pulls on umbilical cord to deliver placenta, handles newborn inappropriately)
- ___ Failure to provide appropriate ongoing newborn care
- ___ Failure to manage the patient as a competent EMT
- ___ Failure to manage significant bleeding
- ___ Fails to deliver in 15 minutes