



## Emergency Medical Technician Psychomotor Examination

### CHILDBIRTH & NEONATAL RESUSCITATION

Attempt:

#1 \_\_\_\_\_

#2 \_\_\_\_\_

#3 \_\_\_\_\_

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

Examiner: \_\_\_\_\_

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

Signature: \_\_\_\_\_

#### Skills Discussion:

PASS / FAIL

Obtains a history relevant to the pregnancy	
Expected due date and how many children is the patient expecting	
Frequency of contractions	
Duration of contractions	
Rupture of amniotic sac (time and presence of meconium)	
Previous pregnancies and deliveries (Gravida/Para, complications, vaginal delivery, C-section)	
Pre-existing medical conditions (HTN, DM, seizure, cardiac)	
Medications taken prior to labor	
Prenatal care (identified abnormalities with pregnancy)	
Vaginal bleeding	
Abdominal pain	
Evidence of imminent delivery (crowning, contractions – 2 to 3 minutes apart, 30-60 seconds in length, the urge to push, or the urge to defecate)	

#### Skills Demonstration:

<b>Prepares the mother for delivery</b>	
Prepares appropriate delivery area (privacy for the mother)	
Removes patient's clothing	
Opens and prepares obstetric kit	
Places clean pad under patient	
Prepares bulb syringe, cord clamps, towels, newborn blanket	
Describes all the special PPE (sterile gloves, gown, cap, facemask, and eye protection) that is required to be donned by the EMT prior to delivery	
<b>Assisting the delivery of the newborn</b>	
During contractions, urges the mother to push	
Supports the infant's head with gentle pressure to prevent uncontrolled expulsion of the newborn	
Checks to see if the amniotic sac is broken, if not - puncture by twisting the membrane	
Checks for the presence of meconium; if present, suctions the mouth first, then each nostril	
Checks for nuchal cord, if present, tell mother not to push, loosen cord with 2 fingers and slip over newborn's head, or if needed, clamps in 2 places approximately 2" apart and cut the cord	
Help deliver the shoulders	
Support the baby throughout the entire birth process	
Notes the time of birth	
Controls hemorrhage as necessary; uterine massage following intact placenta delivery	

#### Newborn care (Birth – 30 seconds postpartum):

Keeps newborn at the level of the mother's perineum with the head slightly down	
Assesses baby's airway, suctions if needed with mouth first, then nostrils	
Warms and dries newborn	
Wraps newborn in blanket or towels to prevent hypothermia	

#### Newborn care (30 – 60 seconds postpartum):

Once umbilical cord stops pulsating, clamps the cord at 10" from baby, then 7" from baby then cuts between the clamps with sterile scissors or sterile scalpel	
Places on mother's chest to retain warmth	
Determines 1 minute APGAR score	

#### Neonatal Resuscitation:

If heart rate is less than 100, gasping or apneic – Provide PPV at 40-60/min with room air	
If heart rate is less than 100 after 30 seconds of PPV, add O2 and continue PPV	
If heart rate is less than 60 – begin chest compressions at 3:1 ratio	
Determines 5-minute APGAR score	
Describes all APGAR scale components	

**CANDIDATE MUST BE SUCCESSFUL IN ALL STEPS IN ORDER TO PASS SKILL STATION**

## Performance Objectives

- Assess for imminent delivery by evaluating crowning, contraction frequency, and urge to push.
- Recognize complications such as nuchal cord, breech presentation, shoulder dystocia, and postpartum hemorrhage.
- Assess and manage the neonate using the Neonatal Resuscitation Program (NRP)-based sequence: warm, position, clear airway, dry, stimulate.
- Initiate neonatal resuscitation interventions: positive pressure ventilation (PPV), chest compressions, oxygen administration.

## Necessary Equipment

• Simulation manikin (OB and neonate) with features to simulate delivery and resuscitation	• Weight-based measuring tape
• Obstetric Delivery Kit	
• Oxygen delivery system and bag valve masks with appropriately sized masks	
• Bulb aspirator and other suction equipment for airway management	
• Stethoscope, thermometer	
• Blankets, cap, and other appropriate warming equipment	

## Key Concepts

- Ability to recognize stages of labor
- Effectively perform emergency delivery procedure
- Demonstrate APGAR scoring protocol
- Perform skills necessary to assess and treat neonate immediately following birth
- Demonstrate resuscitative skills for neonate