

8 - Clinical Skills Schedule

The aim of this schedule is for you to keep track of and provide evidence of clinical skills achieved within the clinical setting.

It can be used as a checklist and as a tool to negotiate experiences you have yet to achieve.

There is some overlap with your clinical assessment document but on the whole this document adds more specific detail.

Some of the skills are more appropriate at certain times of the course; these may be identified in module guides. You do not need to achieve the skills in all years but identify the date when you have achieved it.

Your signature verifies **your accountability** for saying you have achieved the skill or at a minimum has been discussed with your mentor.

The skills identified with a * are also part of The essential skills clusters and are as the name suggests essential to achieve

This schedule should be handed in with each assessment of practice

Please tick, ✓ , then sign column by hand.

(some rows will have only one tick, some will have three – see above).

Area	Observed /discussed Date	Proficient Date 1 ST YEAR	Proficient Date 2 ND YEAR	Proficient Date 3 RD YEAR	signature
Antenatal Care and advice					
Smoking in pregnancy*					
Alcohol and pregnancy*					
Healthy eating in pregnancy*					
Safe eating in pregnancy*					
Exercise*					
Travel in pregnancy					
Lifting					
Sex in pregnancy					
Minor disorders of pregnancy					
Antenatal exercises					
Antenatal history taking in a variety of settings					
Area	Observed /discussed	Proficient Date	Proficient Date	Proficient Date	signature

	Date	1 ST YEAR	2 ND YEAR	3 RD YEAR	
Antenatal screening tests* List					
Observe antenatal diagnostic counseling					
Observe antenatal diagnosis					
Observe ultrasound					
Postnatal exercises					
Supporting breastfeeding mothers.* <ul style="list-style-type: none"> ▪ Skin to skin* ▪ Initiation of feeding* ▪ First feed* ▪ Positioning* 					
Parentcraft education session One to one smallgroup					
Antenatal examination of mothers					
Urinalysis					
Taking blood pressure/manually *					
Electronically *					
Temperature recording *					
Respirations *					
Pulse *					
Area	Observed /discussed Date	Proficient Date 1ST YEAR	Proficient Date 2ND YEAR	Proficient Date 3RD YEAR	signature
Ascertaining fetal well being					
History taking *					
Palpation					
Auscultation*					
Use of Pinard stethoscope					

Use of sonicaid					
Recording findings					
Mother in labour					
Preparation of a birthing room *					
Familiarity with hospital bed					
Familiarity with delivery bed, attachment of lithotomy poles etc					
Recognition of normal labour*					
Palpation and assessment of uterine activity					
Monitoring fetal well being in labour by					
Pinard stethoscope*					
Sonicaid*					
Abdominal cardiotocograph					
Appropriate use of cardiotocograph					
Appropriate application of cardiotocograph					
Fetal scalp electrodes					
Recognition of normal/reassuring fetal heart rate patterns					
Recognition of fetal heart rate patterns suspicious, pathological					
Application of fetal scalp electrode					
Area	Observed /discussed Date	Proficient Date 1 ST YEAR	Proficient Date 2 ND YEAR	Proficient Date 3 RD YEAR	signature
Assisting with fetal blood sampling					
Supporting mother by:					
Breathing relaxation technique*					
Massage*					
Water*					
Alternative positions*					
TENS*					
Entonox*					
Epidural					
Pethidine					
Other techniques*					
Maintaining hydration					
Maintaining nutrition where appropriate					
Promoting hygiene & tissue viability					

• Appropriate recordkeeping					
Effective use of partogram					
Recognition of normal progress in labour*					
Record keeping pertaining to labour					
Area	Observed /discussed Date	Proficient Date 1 ST YEAR	Proficient Date 2 ND YEAR	Proficient Date 3 RD YEAR	signature
Assist normal birth under supervision					
Appropriate care during 3 rd stage					
Active management 3 rd stage					
Physiological management 3 rd stage					
Taking cord blood samples					
Recognition of deviations from normal					
Venepuncture					
Appropriate forms					
Collection and labeling and dispatch of specimens					
Preparation of woman having epidural					
Preparation equipment for epidural					
Care of woman receiving epidural analgesia					
Removal of epidural cannula					
Preparation of mother for operative delivery					
Care of mother & baby following operative delivery					
Bladder catheterisation					
Initial assessment new born using Apgar Score					
Preparation basic resuscitation equipment*					
Preparation of resusitaire *					

Area	Observed /discussed Date	Proficient Date 1 ST YEAR	Proficient Date 2 ND YEAR	Proficient Date 3 RD YEAR	signature
Resuscitation new born *					
Carry out initial baby examination to ensure normality					
Facilitation interaction parents/newborn*					
Initiation feeding method/skin to skin contact*					
Record keeping related to delivery and transfer including computerized records.					
Administration neonatal konakion -orally -intramuscularly					
Newborn infant-postnatal					
Examination of infant to ascertain normality and well-being- daily					
Weighing newborn including calculation weight loss and gain					
Cord care					
Promotion of feeding					
Care of Woman Specific					
Care of traumatised perineum					
Emotional Support of mother					
Prevention and treatment of thrombo embolic disorders					
APH					
Pre-term labour					
Diabetes					
Pregnancy induced hypertension					

Area	Observed /discussed Date	Proficient Date 1 ST YEAR	Proficient Date 2 ND YEAR	Proficient Date 3 RD YEAR	signature
Thrombo embolism					
Care of woman using PCAS analgesia					
Recognition of immediate post operative complications					
Recognition differences					
Application and use of pulse oximeter					

Running through an intravenous infusion					
Care of venflon					
Monitoring and maintaining fluid balance					
Care of woman receiving blood transfusion					
Use of drip counters					
Use of pumps					
Use of space labs or dynamaps					
Removal of sutures					
Removal of drains					
Removal of staples					
Removal of venflon					
Safe disposal of sharps and equipment*					
Drug administration					
Administer intramuscular injection to adult					
Administration intramuscular injection to a child					
Subcutaneous injection					
Administration suppositories					

Area	Observed /discussed Date	Proficient Date 1 ST YEAR	Proficient Date 2 ND YEAR	Proficient Date 3 RD YEAR	signature
Safe administration of oxygen to an adult					
Administration controlled drugs*					
Participation in drug rounds*					
Calculation common dosages medicinal products *					
Sample collection					
urine					
stool					
Using a speculum					
High vaginal swab					
Wound swab					
Eye swab					
Blood samples -adult					

Other					
Urinary catheter in/out					
Urinary catheterisation indwelling					
Care of indwelling catheter					
Removal indwelling catheter					
Aseptic Dressing technique					
Blood glucose monitoring – finger prick sampling in adult					
Heel prick sampling in neonate					
Taking a baby in theatre					

Please add any other skills as and when achieved.