K: Maternal / Newborn Care
Major Competency Area: K
Maternal / Newborn Care

Priority: One

Competency: K-1
Prenatal Care, Assessment and Teaching

Date: September 1, 2005

A Licensed Practical Nurse will:

K-1-1 Demonstrate knowledge of human anatomy and physiology in relation to pregnancy:
- cardiovascular
- digestive
- endocrine
- genitourinary
- integumentary
- lymphatic
- musculoskeletal
- nervous
- respiratory
- reproductive.

K-1-2 Demonstrate knowledge of pregnancy:
- presumptive signs of pregnancy
- probable signs of pregnancy
- positive signs of pregnancy
- physiological changes
- EDC (expected date of confinement)
- psychological signs
- prenatal classes.

K-1-3 Demonstrate the ability to perform full health assessment related to pregnancy such as:
- last menstrual cycle
- number of pregnancies (gravida, para)
- fundal height
- auscultation of fetal heart
- testing of urine.
A Licensed Practical Nurse will:

<table>
<thead>
<tr>
<th>K-1-4</th>
<th>Demonstrate the ability to teach the pregnant client in relation to prenatal care.</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-1-5</td>
<td>Demonstrate knowledge of complications associated with pregnancy such as:</td>
</tr>
<tr>
<td></td>
<td>• abortion</td>
</tr>
<tr>
<td></td>
<td>• abruptio placenta</td>
</tr>
<tr>
<td></td>
<td>• eclampsia</td>
</tr>
<tr>
<td></td>
<td>• ectopic pregnancy</td>
</tr>
<tr>
<td></td>
<td>• effects of substance abuse</td>
</tr>
<tr>
<td></td>
<td>• gestational diabetes mellitus</td>
</tr>
<tr>
<td></td>
<td>• hyperemesis gravidarum</td>
</tr>
<tr>
<td></td>
<td>• intrauterine growth retardation</td>
</tr>
<tr>
<td></td>
<td>• malposition of fetus</td>
</tr>
<tr>
<td></td>
<td>• placenta previa</td>
</tr>
<tr>
<td></td>
<td>• transient hypertension</td>
</tr>
<tr>
<td>K-1-6</td>
<td>Demonstrate the ability to teach the client about complications of pregnancy.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>K-1-7</th>
<th>Demonstrate knowledge and ability to apply fetal monitor to facilitate a “Non-Stress” test:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• prepare client for application of “Non-stress” test</td>
</tr>
<tr>
<td></td>
<td>• assist appropriate health professional with on-going monitoring and report results.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>K-1-8</th>
<th>Demonstrate ability to provide nursing interventions to alter non-reactive fetal monitoring reading by:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• positioning client</td>
</tr>
<tr>
<td></td>
<td>• offering juice or ice water</td>
</tr>
<tr>
<td></td>
<td>• providing oxygen</td>
</tr>
</tbody>
</table>
A Licensed Practical Nurse will:

**K-2-1** Demonstrate knowledge of birthing process:
- Stage 1 – labour onset to full cervix dilation
- Stage 2 – full cervix dilation to delivery of baby
- Stage 3 – delivery of baby to expulsion of placenta
- Stage 4 – expulsion of placenta to afterbirth recovery.

**K-2-2** Demonstrate ability to perform full health assessment and specialized admission specific to maternal nursing such as:
- awareness of risk factors
- awareness to blood types
- auscultation of fetal heart
- consents
- delivery record
- last menstrual cycle
- note whether strep B test is done
- prenatal records / history
- previous genetic anomalies
- previous pregnancies (gravida, para)
- vital signs.
A Licensed Practical Nurse will:

**K-3-1** Demonstrate ability to assist authorized professional during management of labour:
- apply external fetal heart monitor
- assist with ongoing monitoring throughout labour
- provide care to labouring client
- report and document as required.

**K-3-2** Demonstrate ability to test appropriate specimens during labour such as:
- glucometer
- urine
- amniotic fluids using litmus paper / kits.

**K-3-3** Demonstrate ability to assist authorized professional with invasive procedures such as:
- vaginal exams
- artificial rupture of membranes
- insertion of internal mode fetal monitoring
- epidural anesthesia / analgesia
- induction
- obtaining consents if applicable.

**K-3-4** Demonstrate ability to use non-pharmacological techniques to assist client in managing pain during labour and delivery.

**K-3-5** Demonstrate ability to administer medications and nitrous oxide to client in labour as per agency policy. (See Competency Band U)
Major Competency Area: **K**  
Maternal / Newborn Care

**Priority: One**

Competency: **K-4**  
Assist with Delivery

Date: September 1, 2005

A Licensed Practical Nurse will:

<table>
<thead>
<tr>
<th>K-4-1</th>
<th>Demonstrate ability to use sterile techniques to set-up delivery suite.</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-4-2</td>
<td>Demonstrate ability to assist authorized professional in delivery process.</td>
</tr>
<tr>
<td>K-4-3</td>
<td>Demonstrate ability to use equipment for safe delivery.</td>
</tr>
<tr>
<td>K-4-4</td>
<td>Demonstrate ability to provide care and initial medications to stable newborns as per employer protocol. (see Competency Band U).</td>
</tr>
<tr>
<td>K-4-5</td>
<td>Demonstrate ability to assist authorized professional with neonatal resuscitation. (see Competency Band BB).</td>
</tr>
<tr>
<td>K-4-6</td>
<td>Demonstrate ability to assist authorized professional with Apgar scoring.</td>
</tr>
<tr>
<td>K-4-7</td>
<td>Demonstrate ability to assist authorized professional with examination of placental tissue and cord structure.</td>
</tr>
<tr>
<td>K-4-8</td>
<td>Demonstrate ability to procure appropriate specimens for analysis such as:</td>
</tr>
<tr>
<td></td>
<td>• cord blood sample.</td>
</tr>
<tr>
<td>K-4-9</td>
<td>Demonstrate ability to assist authorized professional with appropriate nursing interventions:</td>
</tr>
<tr>
<td></td>
<td>• chills</td>
</tr>
<tr>
<td></td>
<td>• hemorrhage</td>
</tr>
<tr>
<td></td>
<td>• seizures</td>
</tr>
<tr>
<td></td>
<td>• shock</td>
</tr>
<tr>
<td>K-4-10</td>
<td>Demonstrate ability to document concisely any abnormal findings.</td>
</tr>
<tr>
<td>K-4-11</td>
<td>Demonstrate ability to assist client and family in the event of still birth or death of newborn.</td>
</tr>
</tbody>
</table>
Major Competency Area: K
Maternal / Newborn Care

Priority: One

Competency: K-5
Postpartum Care and Teaching

Date: September 1, 2005

A Licensed Practical Nurse will:

K-5-1 Demonstrate knowledge of involution process.

K-5-2 Demonstrate knowledge of medical terminology as it applies to postpartum client.

K-5-3 Demonstrate ability to perform assessment of post delivery client such as:
- breasts / nipples
- caesarean section incision
- fundus
- hemorrhoids
- lochia
- perineum
- vital signs.

K-5-4 Demonstrate ability to recognize post-delivery complications such as:
- boggy fundus
- client passing large clots or tissue
- difficulty voiding or distended bladder
- displaced fundus
- edema (hands and feet)
- high blood pressure
- postpartum hemorrhage
- seizure activity.

K-5-5 Demonstrate ability to provide appropriate nursing interventions.

K-5-6 Demonstrate ability to recognize physiological changes such as:
- after pains
- cervical closure
- constipation
- decreased perineal muscle tone
A Licensed Practical Nurse will:

K-5-6  **Demonstrate ability to recognize physiological changes such as:** (continued)
  - diuresis
  - involution of uterus
  - lactation
  - ovulation / menstruation
  - vaginal rugae
  - vital sign changes
  - diaphoresis
  - weight loss.

K-5-7  **Demonstrate ability to recognize psychological changes such as:**
  - bonding
  - postpartum blues
  - postpartum depression.

K-5-8  **Demonstrate the ability to teach and support client in ongoing postpartum care such as:**
  - breast feeding / bottle feeding
  - changes in family dynamics
  - importance of rest
  - involution
  - newborn care
  - perineal hygiene
  - personal hygiene
  - physiological changes
  - psychological changes.
Competency: **K-5**  
**Postpartum Care and Teaching**

A Licensed Practical Nurse will:

**K-5-9** Demonstrate the ability to perform ongoing assessments during postpartum period such as:
- bowel function
- breasts
- caesarean section incision
- edema
- fundus
- legs (deep vein thrombosis)
- lochia
- pain in breasts, uterus, perineum, other
- perineum – episiotomy / hemorrhoids
- vital signs
- voiding.

**K-5-10** Demonstrate ability to safely use equipment needed in the postpartum period.

**K-5-11** Demonstrate the ability to assist mother with breast feeding.

**K-5-12** Demonstrate the ability to initiate inter-agency referrals as part of discharge planning.

**K-5-13** Demonstrate ability to provide discharge teaching to mother, father and / or significant other.
Major Competency Area: K
Maternal / Newborn Care

Competency: K-6
Prenatal Pre-operative Care and Teaching

Priority: One
Date: September 1, 2005

A Licensed Practical Nurse will:

K-6-1 Demonstrate knowledge and ability to assist authorized professional in preparing client for elective and emergency caesarean section:
- administer pre-operative medications
- catheterization
- continuous fetal monitoring
- ensure consent is signed
- frequent monitoring of vital signs as required
- infusion therapy
- observation of changes in client’s condition and reporting of same
- pre-operative care and teaching.

K-6-2 Demonstrate knowledge and ability to provide pre-operative / prenatal teaching as per hospital policy / procedures for elective and emergency caesarean sections:
- breast care post surgery
- care of incision post surgery
- deep breathing and coughing exercises
- discharge teaching
- infusion therapy and nutrition
- personal hygiene care
- referrals
- support of incision post surgery when mobilizing.
A Licensed Practical Nurse will:

**K-7-1** Demonstrate knowledge and ability to provide post-operative / postpartum care following return from OR / Recovery room.

**K-7-2** Demonstrate knowledge and ability to complete ongoing assessments during postpartum period and report any changes or abnormalities:
- bowel functions
- catheter care – voiding post catheter removal
- firmness and position of fundus
- incision care / dressing changes
- infusion therapy / intake and output
- lochia – amount and odor
- nutritional requirements when breast feeding
- pain in breasts, uterus, incision, perineum or legs
- perineum – episiotomy / hemorrhoids
- post epidural protocols
- redness, swelling, pain in back of legs
- vital signs.

**K-7-3** Demonstrate ability to safely use equipment needed in postpartum care.
Major Competency Area: K
Maternal / Newborn Care

Priority: One

Competency: K-8
Knowledge and Teaching of Newborn Care

Date: September 1, 2005

A Licensed Practical Nurse will:

K-8-1 Demonstrate knowledge and ability to perform physical assessment on newborn.

K-8-2 Demonstrate knowledge and ability to perform newborn admission to the nursery:
- following normal delivery
- following caesarean section delivery.

K-8-3 Demonstrate knowledge and ability to monitor clinical manifestations of newborn.

K-8-4 Demonstrate knowledge of equipment pertaining to newborn care.

K-8-5 Demonstrate knowledge and ability to provide discharge teaching regarding care of newborn such as:
- appointment with physician
- events which should be reported to regulated health professional
- evaluate car seat safety / perform car seat testing
- other referrals as necessary
- provide health link information
- reinforce feeding and bathing of newborn
- visit by community health nurse.

K-8-6 Demonstrate knowledge and ability to assist appropriate professional with transferring neonate to specialized care.

K-8-7 Demonstrate knowledge and ability to assist appropriate professional with gavage feeding.