

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:

K-1-4 Demonstrate the ability to teach the pregnant client in relation to prenatal care.

K-1-5 Demonstrate knowledge of complications associated with pregnancy such as:

- abortion
- abruptio placenta
- eclampsia
- ectopic pregnancy
- effects of substance abuse
- gestational diabetes mellitus
- hyperemesis gravidarum
- inuterine growth retardation
- malposition of fetus
- placenta previa
- transient hypertension.

K-1-6 Demonstrate the ability to teach the client about complications of pregnancy.

K-1-7 Demonstrate knowledge and ability to apply fetal monitor to facilitate a “Non-Stress” test:

- prepare client for application of “Non-stress” test
- assist appropriate health professional with on-going monitoring and report results.

K-1-8 Demonstrate ability to provide nursing interventions to alter non-reactive fetal monitoring reading by:

- positioning client
- offering juice or ice water
- providing oxygen.

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

Priority: **Two**

Competency: **K-2**
Knowledge and Assessment of Labour

Date: September 1, 2005

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.

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

Priority: **One**
Restricted Activity Authorization

Competency: **K-3**
Assist with Managing Labour

Date: September 1, 2005

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)

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

Date: September 1, 2005

A Licensed Practical Nurse will:

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

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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.

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.**

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

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.

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Competency: **K-7**
**Postnatal / Post-operative Care
and Teaching**

Date: September 1, 2005

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**
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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.**