

Student Name:

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NARM Skills		Date	NCM Preceptor's Signature
I. Midwifery Counseling, Education and Communication			
1	A. Provides interactive support and counseling and/or referral services to the mother regarding her relationships with her significant others and other healthcare providers		
2	B. Provides education, support, counseling and/or referral for the possibility of less-than-optimal pregnancy outcomes		
3	C. Provides education and counseling based on maternal health/reproductive/family history and on-going risk assessment		
4	D. Facilitates the mother's decision of where to give birth		
5	E. Educates the mother and her family/support unit to share responsibility for optimal pregnancy outcome		
6	F. Educates the mother concerning the natural physical and emotional processes of pregnancy, labor, birth and postpartum		
7	G. Applies the principles of informed consent		
8	H. Provides individualized care		
9	I. Advocates for the mother during pregnancy, birth and postpartum		
	J. Provides education, counseling and/or referral, where appropriate for:		
10	1. Genetic counseling for at-risk mothers		
11	2. Abuse issues: emotional, physical and sexual		
12	3. Prenatal testing		
13	4. Diet, nutrition and supplements		
14	5. Effects of smoking, drugs and alcohol use		
15	6. Situations requiring an immediate call to the midwife		
16	7. Sexually transmitted diseases		
17	8. Complications		
18	9. Environmental risk factors		
19	10. Newborn care including normal/abnormal newborn activity, responses, vital signs, appearance, behavior, etc		
20	11. Postpartum care concerning complications and self-care		
II. General Healthcare Skills			
21	A. Demonstrates Universal Precautions		
22	B. Demonstrates the application of OSHA regulations as they relate to midwifery workplace		
23	C. Demonstrates the application of aseptic technique		
	D. Demonstrates the use of instruments and equipment including:		
24	1. Amnihook® /Amnicot®		
25	2. Bag and mask resuscitator		
26	3. Blood pressure cuff		
27	4. Bulb syringe		
28	5. Cord clamp and/or cord tape		
29	6. DeLee® (or other tube/mouth suction device)		
30	7. Doppler and/or Fetoscope		
31	8. Gestation calculation wheel/calendar		
32	9. Hemostats		
33	10. Infant airway		
34	11. Lancets		
35	12. Newborn and adult scale		
36	13. Nitrazine paper		
37	14. Needle and syringe		
38	15. Scissors (all kinds)		
39	16. Single dose ampule		

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40	17. Speculum		
41	18. Stethoscope		
42	19. Suturing equipment		
43	20. Tape measure		
44	21. Thermometer		
45	22. Urinalysis strips		
46	23. Urinary catheter		
47	24. Vacutainer/blood collection tube		
48	25. Vaginal culture equipment		
49	E. Is trained in adult/infant CPR/neonatal resuscitation		
50	F. Uses alternate healthcare practices (non-allopathic treatments) and modalities		
51	G. Refers to alternate healthcare practitioners for non-allopathic treatments		
	H. Treats for shock by:		
52	1. Recognizing the signs and symptoms of shock, or impending shock		
53	2. Assessing the cause of shock and providing treatment for shock		
54	I. Administers Oxygen		
55	J. Recommends the use of vitamin and mineral supplements		
	K. Administers the following pharmacological (prescriptive) agents:		
56	1. Lidocaine		
57	2. Medical oxygen		
58	3. Methergine		
59	4. Prescriptive ophthalmic prophylaxis ointment (e.g., erythromycin)		
60	5. Pitocin ®		
61	6. RhoGam ®		
62	L. Refers for performance of ultrasounds		
63	M. Uses doppler		
64	N. Refers for performance of biophysical profile		
	III. Maternal Health Assessment		
65	A. Obtains and maintains records of health, reproductive and family medical history		
66	*B. Performs an initial history and physical examination including vital signs	1.	2.
	C. Knows pelvic exam, including assessing:		
67	1. The condition of the uterus, ovaries and cervix (by speculum)		
68	a) Performs a Papanicolaou (Pap) test		
69	b) Obtains gynecological cultures		
70	2. The size of the uterus and fetal age (by bimanual exam), the condition of the vulva, vagina, cervix, perineum and anus		
71	D. Estimates due date based upon a variety of methods		
72	E. Assesses fetal weight, size, lie, or lightening		
73	F. Assesses correlation of weeks gestation to fundal height		
74	*G. Performs routine prenatal physical exams	1.	2.
75	H. Evaluates laboratory and medical records from other practitioners		
76	I. Obtains assistance evaluating laboratory and medical records from other practitioners		
77	J. Records results of the examination in the prenatal records		
	K. Provides prenatal education and counseling for:		
78	1. Nutritional, and non-allopathic dietary supplement support		
79	2. Common complaints of pregnancy		

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	L. Recognizes and responds to potential prenatal complications by:		
80	1. Identifying pregnancy-induced hypertension		
81	2. Assessing, educating and counseling for pregnancy-induced hypertension using a variety of methods		
82	3. Identifying preeclampsia and collaborating and managing preeclamptic mothers		
83	4. Identifying and turning breech presentations		
84	5. Identifying multiple gestation pregnancies		
85	6. Identifying and dealing with pre-term labor		
86	7. Assessing, evaluating and treating a post date pregnancy		
87	8. Identifying and referring tubal (ectopic) pregnancy		
88	9. Identifying and referring placenta abruptio		
89	10. Identifying placenta previa		
90	11. Identifying premature rupture of the membranes		
91	12. Managing premature rupture of the membranes in a full-term pregnancy and/or consulting and referring appropriately:		
92	M. Establishes and follows emergency contingency plans for mother and/or newborn		
IV. Labor, Birth and Immediate Postpartum			
93	A. Facilitates maternal relaxation and provides comfort measures throughout labor		
94	B. Evaluates and supports a laboring mother during the first stage of labor by assessing a variety of factors		
95	C. Knows a variety of treatments for anterior/swollen lip		
96	D. Demonstrates the ability to evaluate and support a laboring mother during the second stage of labor		
	E. Demonstrates the ability to recognize and respond to labor and birth complications such as:		
97	1. Abnormal fetal heart tones and patterns		
98	2. Cord prolapse		
	3. Variations in presentation such as:		
99	a) Breech presentation		
100	b) Nuchal hand, arm presentation		
101	c) Nuchal cord presentation		
102	d) Face and brow presentation		
103	e) Multiple birth presentation and delivery		
104	f) Shoulder dystocia		
105	4. Management of meconium stained fluids		
106	5. Management of maternal exhaustion		
	F. Assesses the condition of, and provides care for the newborn immediately after the birth by:		
107	1. Making initial newborn assessment		
108	2. Determining APGAR score		
109	3. Monitoring respiratory and cardiac function		
110	4. Responding appropriately to the need for newborn resuscitation		
111	5. Clamping, cutting, and caring for the cord		
112	6. Administering eye prophylaxis		
113	*7. Performing a newborn examination		1. 2.
	G. Assists in placental delivery and responds to blood loss by:		
114	1. Determining signs of placental separation		
115	2. Facilitating the delivery of the placenta		
116	3. After delivery, assessing the condition of the placenta		
117	4. Estimating the amount of blood loss		
118	5. Responding to uterine bleeding with a range of treatments		

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	6. Responding to postpartum hemorrhage with a range of treatments, including:		
119	a) Administration of medication		
120	b) Administration of oxygen		
121	c) Administration of intravenous fluids or appropriate referral for intravenous fluids		
122	d) Treatment for shock		
123	7. Manually removing placenta fragments and/or retained membranes with a sterile, gloved hand		
124	H. Assesses general condition of mother and newborn by a variety of criteria		
125	I. Performs catheterization when needed		
	J. Repairs the perineum by:		
126	1. Administering a local anesthetic		
127	2. Performing basic suturing		
128	K. Provides instruction for care and treatment of the perineum		
	L. Facilitates breastfeeding by assisting and teaching about a variety of factors impacting breastfeeding, including:		
129	1. Adequate maternal nutrition		
130	2. Maternal comfort measures for engorgement		
	V. Postpartum		
131	A. Performs postpartum reevaluation of mother and baby at appropriate intervals		
132	B. Completes the birth certificate		
133	C. Provides contraceptive education and counseling		
134	D. Assesses for and treats jaundice		
135	E. Provides direction for care of circumcised and uncircumcised penis		
136	*F. Performs thorough and appropriate maternal four- to six-week postpartum check-up	1.	2.
137	G. Knows treatments for sore nipples		
138	H. Knows treatments for mastitis		
139	I. Knows breastfeeding referral resources		
	VI. Well-Women Care		
140	A. Obtains a client history appropriate to GYN/Well-woman care		
141	B. Performs a through general physical examination appropriate to well-woman care		
142	C. Performs urinalysis		
143	D. Performs pelvic examination		
144	E. Provides education		
145	F. Assesses client's family planning history and needs: counsels/prescribes		
146	G. Provides opportunity for client to discuss problems or concerns		
147	H. Refers client to other health care professionals, services, agencies, or other, as indicated		
148	I. Maintains precise records		
	VII. Well-Baby Care		
149	A. Provides well-baby care 2-6 weeks		
150	B. Assesses the general health and appearance of baby		
151	C. Provides treatment for common newborn conditions such as cradle cap, diaper rash, thrush and colic		

Preceptor Review: Form Completed: All skills signed and dated	
Preceptor Signature: _____	Date: _____