



## Helping Mothers Survive Essential Care of Labor & Birth OSCE 1: Abdominal Examination



### Guidelines to be read to participants:

- The purpose of this activity is to assess participants' decision-making and skills while providing care to a client in a simulated environment.
- For each station assume you are alone in a rural health care facility. You have all equipment and supplies necessary for a normal vaginal birth and for basic emergency management.
- All essential information will be provided to you at the start of each OSCE station.
- Ask the evaluator to clarify any questions prior to beginning. Once the OSCE has started, the evaluator will only provide information about the woman's status.
- From the start of the OSCE, you will have 4 minutes to complete each station.
- **Talk to and care for the woman in front of you exactly as you would in real life. Even though I am both the examiner and acting as the woman in labor, please speak to me as if I am the woman.**
- Be explicit in verbalizing your clinical findings and subsequent decisions.
- If you give a medication, you must state what you are giving, the dose, the route, and why you are giving it.

### Instructions for the Examiner

- **Review the instructions for the participant.**
- **Wear the birthing simulator with the baby's head in LOA position.**
- **Observe only; do not intervene in demonstration of the participant.**
- **In the items below you will see *instructions to you in italics*. Follow these instructions.**
- **Learners must complete each action within each step in order to receive credit for accurately completing that step.**
- **Do NOT give information for assessments they do not make.**
- **Hold feedback until the end of the assessment for all learners.**

**Read the following to the learner:** "I arrived at your facility 15 minutes ago, complaining of labor pains with strong contractions every 2 – 3 minutes. From my ANC card, you can see that I am 39 weeks today according to my EDD. You have completed a Quick Check followed by a full history, and I appear to be stable and not close to birth. You are now ready to perform an abdominal examination to gather additional information about me, my baby, and labor. I have just emptied my bladder. Please begin an abdominal examination and describe what you are feeling for with each touch. With each assessment, I will give you the findings."

Participant name or ID# \_\_\_\_\_ Date \_\_\_\_\_

**OSCE 1: Abdominal Examination Helping Mothers Survive Essential Care for Labor & Birth**

	OSCE ITEMS	Performed to standard	
		Yes	No
	<p><b>***Note that checklist is for assessment only, not for instruction***</b></p> <p>Throughout OSCE, evaluate respectful care. Observe provider’s communication with the woman. Learners should be respectful, supportive, tell you what they are doing and why. You will score respectful care at the end.</p>	Check appropriate box for each item	
1.1	Washes hands with soap and water or alcohol based hand rub		
1.2	Observes the shape and size of the abdomen. Notes if there are any scars or a horizontal ridge across the lower abdomen. <i>Learner must verbalize findings.</i>		
1.3	Measures fundal height with correct technique. <i>State, “38 cms”</i>		
1.4	<i>Act as if a painful contraction is coming.</i> Learner places hand on the woman’s abdomen to feel the contraction. Looks to time duration of contraction. <i>If the learner places a hand on the simulator to feel contraction, say, “It lasted 40 seconds the contraction is now over.”</i>		
1.5	Performs Leopold’s maneuvers. <b>Note:</b> <i>Leopold’s maneuvers do not need to be done in order.</i> #1 Touches fundus with both hands OR one hand with thumb and fingers stretched apart. If they do this, say, <i>“You feel the baby’s bottom in the fundus”.</i>		
1.6	#2 Places palms on either side of abdomen pressing to feel. <i>Move your fingers in the simulator on the right side to mimic fetal legs. Say, “You feel the baby’s back on my left side.”</i>		
1.7	#3 Uses the thumb and fingers of 1 hand stretched apart OR 2 hands on either side, feels lower abdomen just above the pubic bone. <i>Say, “You feel the baby’s head above my pubic bone.”</i>		
1.8	#4 Uses tips of each hand on either side of the lower abdomen to feel the head, applying pressure towards the pelvis to see when the brow is felt. <i>Say, “You feel the baby’s brow on my right side”.</i>		
1.9	Assesses descent. Locates the baby’s anterior shoulder with one hand and places the fingers of the other hand horizontally above the symphysis pubis. <i>Say, “You feel the baby’s head at 3 fingerbreadths above my pubic bone.”</i>		
1.10	Places the pinard/fetoscope or doppler on the woman's abdomen, over the place where the baby’s back was located – in this case on the left. Counts FHR for one full minute. <i>Tap with a finger on the plastic frame of the simulator to mimic the FHR at 120 – 160 beats/minute. Say, “FHR is 148”.</i>		
1.11	Provided respectful care and good communication. Told you what was to happen and why and informed you of the findings.		
1.12	<i>Ask the learner, “Explain to me as the mother how you think my baby is lying?” Response should be “head down with back to your left side”.</i>		

Score \_\_\_\_\_/12      Pass score is 9/12      Pass / Fail (circle one)