

Sample Birth Assistant Competency Assessment



2024

Rubric for Self Assessment

This rubric is used for self-assessment. Read each of the required clinical skills for assisting birth. Check the column that corresponds to the level of experience you have had with the specific skill. For example, if you had taken a patient's vital signs on your own (independently) in your previous job then you would put a 4 bedside skill and all the other skills you had performed on your own.

PERFORMANCE CODE (PC):

- 1 = I have no experience with this skill.
- 2 = I have performed these skills with assistance.
- 3 = I have performed this skill under supervision.
- 4 = I have performed this skill independently.

Key Concepts to Address When Hiring a Birth Assistant	Competence			Performance Code (PC)			
	Least	Most		1	2	3	4
Scoring System	1	2	3	1	2	3	4
Understand the role and responsibility of a birth assistant							
Understands the difference between a midwife, midwife student, birth assistant, and doula							
Understand the different stages of labor							
Understand the different labor support techniques available for supporting a laboring woman							
Understand the key ways to support the midwife (especially if an emergency arises)							
Understands key times when clean versus sterile technique is warranted							
Understands what the role of a birth assistant is during emergency situations							

Ability to adapt easily to changes in care plans & support needs							
Ability to set up supplies when arriving to home for delivery							
Ability to set up essential birth supplies quickly for imminent delivery							
Ability to take adult and newborn vital signs							
Understand the difference between normal and abnormal labor, birth, and postpartum processes							
Ability to assist midwife with suturing							
Understand charting and educational paperwork to complete prior to leaving birth (most completed by midwife)							
Able to call 911 and provide clear communication to the operator of current needs if an emergency arises							
Emergency skills: ability to assist with postpartum hemorrhage							
<ul style="list-style-type: none"> Assist midwife with postpartum hemorrhage 							
<ul style="list-style-type: none"> Document key interventions performed and times 							
<ul style="list-style-type: none"> Assist midwife with manual extraction of the placenta 							
<ul style="list-style-type: none"> Ability to draw up Pitocin medication from vial into syringe 							
<ul style="list-style-type: none"> Ability to administer Pitocin medication IM to client 							

<ul style="list-style-type: none"> • Ability to assess when bleeding is normal versus too much 							
<ul style="list-style-type: none"> • Assistant with documentation 							
Emergency skills: ability to assist with newborn resuscitation							
<ul style="list-style-type: none"> • Currently has NRP certification 							
<ul style="list-style-type: none"> • Initiation and maintenance of NRP 							
<ul style="list-style-type: none"> • Suctioning of airway 							
<ul style="list-style-type: none"> • Mask and bagging technique 							
<ul style="list-style-type: none"> • Assist midwife with APGAR scoring 							
<ul style="list-style-type: none"> • Assist with documentation 							
Emergency skills: ability to assist with shoulder dystocia situation							
Emergency skills: ability to assist with prolapse cord situation							
Emergency skills: ability to assist with nonreassuring fetal heart rate situation							
Emergency skills: ability to assist with adult resuscitation (needs CPR training)							
Perform initial newborn care support							
<ul style="list-style-type: none"> • Collect newborn vital signs 							
<ul style="list-style-type: none"> • Overview physical assessment (key understand of warning signs to notify midwife about) 							

<ul style="list-style-type: none"> • Understanding of Apgar scoring to assist midwife with final score 							
<ul style="list-style-type: none"> • Administer medications (usually midwife) 							
<ul style="list-style-type: none"> • Breastfeeding support 							
<ul style="list-style-type: none"> • Maintenance of body temperature 							
Good understanding of the birth assistant role during normal delivery							
Good understanding of birth assistant role during breech presentation (planned versus unplanned)							
Good understanding of the birth assistant role during twin delivery (if applicable to your practice scope)							
Ability to clean up the room after delivery occurs (draining tub, wiping down the room, picking up supplies, starting laundry, etc.)							
Advanced skills (usually midwife student, nurse, or seasoned birth assistant)							
<ul style="list-style-type: none"> • Intermittent fetal heart rate monitoring 							
<ul style="list-style-type: none"> • Vaginal examination 							
<ul style="list-style-type: none"> • Start IV site & manage fluids 							
<ul style="list-style-type: none"> • Labor management w/ midwife closely available 							