

Sl no.	Steps	Yes(✓)	No (X)	Remarks
1	Informs mother about the procedure			
2	Asks mother to empty the bladder			
3	Positions mother and asks mother to loosen clothing and reveal abdomen			
4	Provides privacy by pulling curtains			
5	Washes and dries hands and rubs to make them warm			
Inspection				
6	Observes and records size, shape, contour, level of umbilicus, marks, scars and abdomen			
Measuring fundal height				
7	Faces the mother and informs her about palpation process			
8	Asks mother to straighten the knees			
9	Placing ulnar border of left hand on the xyphisternum			
10	Walks down along the medial line gently but firmly till the point of maximum resistance on abdomen			
11	Puts palm edge on abdomen to mark location of fundus			
12	Divide the area from umbilicus to xyphisternum into equal three parts to assess the period of gestation			
13	Determines the growth of fetus compare with fundal height			
Palpation				
14	Ask mother to flex her knees slightly and widely			
Fundal grip				
15	Palpates the fundus using the finger pads of both hands			
16	Identifies accurately the fetal part(buttock or head)occupying the fundus			
Lateral grip				
17	Supports the opposite side while palpating the lateral part of uterus			
18	Identifies the fetal part(back or limbs) occupying the left lateral side of uterus correctly			
19	Identifies the fetal part(back or limbs) occupying the right lateral side of uterus accurately			
Pelvic grip				
First pelvic grip(superficial pelvic grip)				
20	Advices mother to take a deep breath and release it as palpation is done			

21	Spreads right hand widely over symphysis pubis with the ulnar border of the hand touching the symphysis pubis			
22	Determines presenting part (head or breech).head will feel hard and globular,breech soft and irregular			
23	If it is head ,try to move side to side ,if cannot be moved,it is engaged			
Pawlick grip				
24	Places palms of the hands on the sides of the uterus with the fingers held close together,pointing downwards and inwards and palpate to recognize the presenting part			
25	Feels presenting part,firm,round mass suggestive of head,which is ballotable unless engaged			
26	If the fingers diverge below the presenting part it indicates engagement of presenting part has not engaged			
Auscultation of fetal heart rate(FHR)				
27	Correctly locates the area on abdomen for auscultating fetal heart sounds. Place foetoscope or bell of stethoscope on the side of the uterus where fetal back is felt(FHS are best heard midway between the umbilicus and anterior superior iliac spine in the vertex and at the level of the umbilicus or just above it in breech)			
28	Count fetal heart sounds for full one minute			
29	Gives mother an option to hear fetal heart beats			
30	Explains the findings and their implications to mother			
31	(At the end of palpation),records: fetal lie,presenting part,and location of heart sounds			
32	Terminates the procedure			