

Title	Proficiency-based progression training: an 'end to end' model for decreasing error applied to achievement of effective epidural analgesia during labour: a randomised control study
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### Task-Specific Checklist for Epidural Anesthesia

Stages Performed	Not Performed	Performed Poorly	Performed Well
1. Ensures patient is positioned comfortably and safely in the middle of the bed			
2. Adjusts height of bed appropriately			
3. Carefully prepares a sterile work surface			
4. Pours antiseptic solution (or has nurse pour it) without contaminating the epidural set			
5. Washes hands and puts on gloves in a sterile fashion			
6. Optimally positions him/herself for the procedure			
7. Prepares the skin at the back widely and aseptically (skin prep _ 3)			
8. Allows solution to dry			
9. Neatly lays out and prepares all necessary equipment (needles, syringes, local anesthetic)			
10. Asks patient to arch her back			
11. Places drape over patient's back in a sterile fashion			
12. Landmarks site of injection after palpating iliac crests			
13. Warns patient of needle insertion			
14. Infiltrates subcutaneous layers with local anesthetic			
15. Places epidural needle with correct positioning of bevel			
16. Inserts epidural needle through skin, subcutaneous tissue, and into ligament before attaching the syringe			
17. Attaches air/saline filled syringe to the needle hub with needle well controlled			
18. Braces hand/s holding the needle against patient's back in complete control of the needle			
19. Slowly advances needle through supraspinous and interspinous ligaments and into ligamentum flavum while applying pressure on the plunger (continuous or intermittent)			
20. Identifies LOR and immediately releases pressure on the plunger			
21. Notes depth of needle insertion before threading catheter			
22. Warns patient about possible paresthesia during catheter threading			
23. Detaches the syringe and threads the catheter to a depth of 4-5 cm			
24. Pulls the needle out while maintaining correct catheter placement			
25. Carefully aspirates from catheter			
26. Injects test dose through flushed filter			
27. Fixes the epidural catheter securely			