**CHECKLIST: INTERNAL BIMANUAL COMPRESSION OF THE UTERUS**
(To be used by the Facilitator/Teacher at the end of the module)

Place a “☑” in case box if step/task is performed satisfactorily, an “X” if it is not performed satisfactorily, or N/O if not observed.

**Satisfactory:** Performs the step or task according to the standard procedure or guidelines

**Unsatisfactory:** Unable to perform the step or task according to the standard procedure or guidelines

**Not Observed:** Step or task not performed by learner during evaluation by facilitator

<table>
<thead>
<tr>
<th>PARTICIPANT</th>
<th>DATE OBSERVED</th>
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### CHECKLIST FOR INTERNAL BIMANUAL COMPRESSION OF THE UTERUS
(Many of the following steps/tasks should be performed simultaneously.)

<table>
<thead>
<tr>
<th>STEP/TASK</th>
<th>CASES</th>
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#### GETTING READY
1. Tell the woman (and her support person) what is going to be done, listen to her and respond attentively to her questions and concerns.
2. Provide continual emotional support and reassurance, as feasible.
3. Put on personal protective barriers.

#### BIMANUAL COMPRESSION
1. Wash hands thoroughly and put on high-level disinfected or sterile surgical gloves.
2. Clean vulva and perineum with antiseptic solution.
3. Insert fist into anterior vaginal fornix and apply pressure against the anterior wall of the uterus.
4. Place other hand on abdomen behind uterus, press the hand deeply into the abdomen and apply pressure against the posterior wall of the uterus.
5. Maintain compression until bleeding is controlled and the uterus

#### POSTPROCEDURE TASKS
1. Remove gloves and discard them in leak-proof container or plastic bag if disposing of or decontaminate them in 0.5%
2. Wash hands thoroughly.
3. Monitor vaginal bleeding, take the woman’s vital signs and make sure that the uterus is firmly contracted.

#### SKILL/ACTIVITY PERFORMED SATISFACTORILY

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**Dakshata**