Student Name: _____ **Date:** _____

Instructional Module 6
Obstetrics Community Clinical Experience

Abigail Orta 10/12/21
Community Site: **Bridget Winn. Covenant Women's Health Clinic**

1. What did you observe during the day? Were there any specific procedures that were able to participate in or observe?
I followed FNP Winn for the day and observed her do annual check ups. I was able to see several Pap smears and breast exams. I also got to see her remove an IUD which was very interesting to me as I did not know how the IUD worked or where it was even placed. I then got to watch her put a birth control bar in and I thought it looked very painful from the size of the needle that went into the patient's arm. The patient did not feel anything though because she was numbed with lidocaine prior to the needle insertion.

2. What was the best/most interesting part of the experience?

The most interesting part was the IUD removal. I am almost 23 years old and I had no idea that the IUD was placed in the uterus. I had heard about it before, but never knew it was inserted through the cervix into the uterus. She showed me a demonstration model on how to insert the IUD and I was surprised how some women choose that form of birth control because it looked painful. She also mentioned that women who have not had kids yet usually find it more painful than those who have already had kids. Which makes sense because they have already felt the dilation of 10cm with a whole baby come through.

3. Is a community nursing position something that you would consider working in? Why or why not?
Community nursing seems a lot less hectic and considering people make appointments you would know what to expect for the day. It was a lot less quiet and patients were in and out very quickly. It would be something I would consider working in because it seems organized. You know what patients are coming in for the day, how many patients will be seen and what they will be seen for.

4. Do you feel like this community site met the needs of the population they serve? Why or why not?

Student Name: _____ Date: _____

Instructional Module 6
Obstetrics Community Clinical Experience

Yes, this community site met the needs of the population they serve. Pap smears, breast exams, and birth control prescriptions were the main things that were done today. If anything extra needed to be done they were referred to a PCP. Winn was very good at giving advice and referrals for other PCPs to meet the needs beyond her scope of practice for the patients. She was very nice and helpful.

5. Did you witness patient teaching? What general things were taught to this population? Do you feel that patient teaching in this community site was adequate? Why or why not?
I did witness patient teaching about the Pap smears and how they were going to be performed prior to the procedure. I also witnessed patient teaching about breast exams, what to feel for and how often to do them. If a patient was under the age of 21 then they wouldn't get Pap smears or breast exams just teaching about birth control. There are many forms of birth control as well as many dosages. I witnessed Winn teach about regular vs irregular periods, menopause, and how hormones such as estrogen and progesterone work in the body. The patient teaching was adequate and she answered every question the patients had professionally. She explained things very well to them and if she didn't have an answer she would refer them to someone who did. Prior to us seeing the different patients, she taught me about estrogen, progesterone, how birth control works and the many forms. She also taught me about AMH which tells them the quality of the female eggs and how that affects fertility as well as menopause. If the AMH is too high it's possibly PCOS and if it is too low it may signal that menopause is near or if the androgen levels are too high it can cause ovarian cysts. I learned a lot from her that I never knew before. She was awesome!