Student Name: Morgan Brooks Date: 5/6/25

Instructional Module 6: Obstetrics Community Clinical Experience

Community Site: _____Angela Westfall, CNM _____

1. What did you observe during the day? Were there any specific procedures that were able to participate in or observe? I was able to see a good amount at the clinic today. I observed a couple of anuals including the pap smear and the manual self exam. I was also able to watch an IUD insertion, the kyleena, and then I watched an endometrial biopsy to screen for cancer. The only thing I was able to participate in was obtaining vital signs.

2. What was the best/most interesting part of the experience? The most interesting part to me was seeing all the different types of patients there are when it comes to the clinic. Watching all interactions and how the nurses interacted with them was very interesting. It was interesting to see their change in demonor for the patients who are super friendly, want to learn more, are "eager" to be there to the patients who are nervous and how they just need comfort at this time to the patients who ignore medical advice and need to seek immediate care but ignore everything that is being said and go about their day.

3. Is a community nursing position something that you would consider working in? Why or why not? I could see myself in a community nursing position in the future. This clinic was pretty interesting and the hours for clinics are just better for when I'd want a family, but my favorite rotation to community nursing was in module five (I went to the infusion clinic). I can see myself working as a community nurse at some point but I do want a hospital job first, gain expirience and knowledge, and just see what calls to me first.

4. Do you feel like this community site met the needs of the population they serve? Why or why not? I feel this site did meet the needs of the community. Angela did a great job of explaining that while she is an CNM (an advanced practice nurse) she can do some things, but not in the same scope of an OBGYN. But anything that she could do or educate on she did an amazing job. She helped ease anxiety and was able to give the best recommendations/ education she could about things. The only needs that were not met were with a patient who needed more help beyond her scope of practice. There was a lot of past medical history that Angela did not feel comfortable messing/ interfering with.

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 was able to witness a lot of patient teaching regarding many different things. The two age groups I saw were 40+ and mid 20's. For the patients who were 40+, there was a lot of education on diet and exercise to help with weight gain regarding estrogen. She told the ladies that when menopause begins estrogen shifts to the stomach in a sense and that causes fat to build up. Her main teaching point was to limit added sugars to 25grams a day as best as you can. She also said that at this point weight lifting and watching your diet would be more beneficial than cardio when it comes to weight loss, but cardio is still super good for the heart. There was also education on vaginal estrogen and application for that. It more so targets just the specific area to help with dryness and that if you stop it the dryness will come back. For the younger girls she taught more so on self breast exams, and how to perform them on yourself, and to do them in the shower. She also taught aftercare for an IUD insertion. Nothing in the vagina for 48hrs (ie. tampons or douching), take Advil q8hrs for pain, no new sexual partners for 3 weeks, and the follow up appointment is to check for the strings on the IUD.

Covenant School of Nursing

6. Provide examples of care describing *one or more* of the IM6 Student Learning Outcomes.

IM6 Student Learning Outcomes				
Safety & Quality	**Clinical Judgment**	**Patient Centered Care**	**Professionalism**	**Communication & Collaboration**
Formulate a plan of care for the childbearing family, and the patient with mental health disorders using evidence-based practice, safety, and quality principles.	*Demonstrate clinical judgment using evidence-based data in making clinical decisions for the childbearing family, and the patient with mental health disorders.*	*Demonstrate family centered care based on the needs of the childbearing family, and the patient with mental health disorders.*	*Relate knowledge, skills, and attitudes required of the professional nurse by advocating and providing care to the childbearing families, and the patient with mental health disorders.*	*Communicate and collaborate effectively with patients, family, and members of the interdisciplinary team in the childbearing family, and the patient with mental health disorders.*

Clinical Judgment: I was able to demonstrate clinical judgement when I was taking a patient's blood pressure. The blood pressure was super high on the intial assessment by the nurse, so after waiting 15 minutes after her appointment it was still high, so when I went to recheck it for the third time, I used clinical judgment to switch arms and I asked her to stop talking for a short time because that can increase blood pressure.

OB Community Verification Sheet

Instructional Module: IM 6

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