OB Simulation Patient Preparation Worksheet

This section is to be completed prior to Sim Day 1:

Student Name: Amanda Miller Admit Date: _____
Patient initials: BGJ G__P__AB__L__M__EDD: __/__/__ Gest. Age: 39 w
Blood Type/Rh: (Pending) Rubella Status: N/A GBS status: Mom + @ 36 wks
Obstetrical reason for admission: Term delivery at 39 weeks
Complication with this or previous pregnancies: None reported
Chronic health conditions: None reported
Allergies: NKDA
Priority Body System(s) to Assess: Thermoregulation, respiratory, CV

Pathophysiology

Interpreting clinical data collected, what is the primary/current medical/obstetrical problem?

State the pathophysiology of this problem in your *own* words.

Complete the medical/obstetrical problem & fetal implications section for any pregnant patient.
Complete the medical/obstetrical problem ONLY for any postpartum patient.
Complete the newborn implications ONLY for any newborn infant.

Medical/Obstetrical Problem	Pathophysiology of Medical/Obstetrical Problem
Hypothermia with early respiratory distress.	Newborns lose heat quickly because of their large surface area, think skin, and limited ability to shiver. If temperature is not stabilized, hypothermia can lead to increased oxygen use, respiratory distress, hypoglycemia, and metabolic acidosis.
Fetal/Newborn Implications	**Pathophysiology of Fetal/Newborn Implications**
Hypothermia → jitteriness, poor feeding, mottling, increased RR with grunting. Can grogress to hypoglycemia, hypoexmia, sepsis, or respiratory failure if untreated.	Cold stress increases oxygen and glucose consumption. This can worsen respiratory effort and deplete energy stores, risking metabolic imbalance and organ dysfunction.

Problem Recognition

To prevent a complication based on the primary medical problem, answer each question in the table below.

Question	Most Likely Maternal Complication	Worst Possible Maternal Complication	Most Likely Fetal/ Newborn Complication	Worst Possible Fetal/ Neonatal Complication
Identify the most likely and worst possible complications.	N / A	N / A	Hypothermia Hypoglycemia Respiratory distress	Sepsis, respiratory failure, death
What interventions can prevent them from developing?	N / A	N / A	Maintain thermoregulation (skin-to-skin, warmer, hat, swaddling) ; monitor temp and glucose	Early recognition, warming, labs, notify provider promptly
What clinical data/assessments are needed to identify complications early?	N / A	N / A	Monitor VS (tempt, HR, RR, O2 sat), assess color, activity, feeding, blood glucose	CBC, glucose, O2 monitoring
What nursing interventions will the nurse implement if the anticipated complication develops?	N / A	N / A	Rewarm (skin-to-skin, radiant warmer), support respirations, feed or give glucose per protocol, notify provider	Escalate care, oxygen therapy, IV glucose/ fluids, sepsis work up

Surgery or Invasive Procedures – *LEAVE BLANK if this does not apply to your patient*

Describe the procedure in your *own* words.

Procedure

Surgery/Procedures Problem Recognition – *LEAVE BLANK if this does not apply*

To prevent a complication based on the procedure, answer each question in the table below.

Question	Most Likely Maternal Complication	Worst Possible Maternal Complication	Most Likely Fetal/ Newborn Complication	Worst Possible Fetal/ Neonatal Complication
Identify the most likely and worst possible complications.				
What interventions can prevent them from developing?				
What clinical data/assessments are needed to identify complications early?				
What nursing interventions will the nurse implement if the anticipated complication develops?				

Pharmacology

New drugs ordered during scenario must be added before student leaves the simulation center for the day.

Medications	Pharm. Class	Mechanism of Action in OWN WORDS	Common Side Effects	Assessments/Nursing Responsibilities
Phytonadione (Vitamin K)	Vitami, fat soluble	Helps blood clod by promoting clotting factors in liver.	Pain at injection site, rare allergic reaction	Monitor for bleeding, give IM safely.
Erythromycin Ophthalmic Ointment	Antibiotic	Prevents eye infection from maternal bacteria in the birth canal.	Mild eye irritation, blurred vision	Apply to both eyes, monitor for redness/swelling.
Hepatitis B Vaccine (Enteric-B)	Vaccine	Stimulates immune system to build antibiotics against Hep B.	Soreness, mild fever	Consent before giving, teach parents, monitor for reaction
Sucrose 24% solution	Analgesic for minor procedures	Activates sweet taste receptors to calm/relieve pain	None significant	Use before painful procedures, assess soothing effect

Nursing Management of Care

1. After interpreting clinical data collected, identify the nursing priority goal for your shift and **three priority interventions specific for your patient's possible complications (listed on page one).** For each intervention write the rationale and expected outcome.

Nursing Priority	Maintain normal newborn thermoregulation and stable vital signs throughout the shift.
Goal/Outcome	

Priority Assessment/Intervention(s)	Rationale	Expected Outcome
1. Place infant skin-to-skin with mother and use warm blankets/hat.	1. Direct skin-to-skin provides warmth, stabilizes temperature, HR, and respirations, and promotes bonding.	1. Infant maintains temp within normal range (97.7-99.5*F) and VS remain stable.
2. Monitor vital signs and blood glucose per protocol; assess for jitteriness, color changes, or respiratory distress.	2. Frequent monitoring allows early detection of cold stress, hypoglycemia, or respiratory compromise.	2. Any abnormal findings are identified early and managed promptly, preventing deterioration.
3. Provide warming interventions (radiant warmer if needed) and notify pediatrician if unstable or persistent hypothermia/respiratory distress.	3. Prompt escalation ensures appropriate treatment (e.g., glucose, O2, sepsis workup) to prevent serious complications.	3. Infant's temp and respiratory effort improve, avoiding hypoglycemia, sepsis, or respiratory failure.

Abnormal Relevant Lab Test	Current	Clinical Significance
Complete Blood Count (CBC) Labs		
RBC	9.7 (H)	Ref range : 4.1-6.1
Hgb	25.8 (H)	Ref range : 14.5-24.5
HCT	65.9 (H)	Ref range : 44-64
Metabolic Panel Labs		
Are there any Labs results that are concerning to the Nurse?		
Blood type _____ Rh + / - .		

Current Priority Focused Nursing Assessment							
CV	Resp	Neuro	GI	GU	Skin	VS	Other
Monitor					Temperature Color		

This Section is to be completed in the Sim center- do not complete before!

Time:		Focused OB Assessment					
VS	Contractions	Vaginal exam	Fetal Assessment	Labor Stage/phase	Pain Plan	Emotional	Other
	Freq. Dur. Str.	Dil. Eff. Sta. Prest. BOW	FHR Var. Accel. Decel. TX.				
Time:		**Focused Postpartum Assessment**					
VS	**CV**	**Resp**	**Neuro**	**GI**	**GU/Fundal**	**Skin**	**Other**
					Bladder Fundal loc Tone Lochia		
Time:		**Focused Newborn Assessment**					
VS	**CV**	**Resp**	**Neuro**	**GI**	**GU**	**Skin**	**Other**

EVALUATION of OUTCOMES - Complete this section AFTER scenario.

1. Which findings have you collected that are most important and need to be noticed as clinically significant?

Most Important Maternal Assessment Findings	Clinical Significance
Most Important Fetal Assessment Findings	**Clinical Significance**

2. After implementing the plan of care, interpret clinical data at the end of your shift to determine if your patient's condition has improved, has not changed, or has declined.

Most Important Data	Patient Condition		
	Improved	No Change	Declined

3. Has the patient's *overall* status improved, declined, or remained unchanged during your shift? If the patient has not improved, what other interventions must be considered by the nurse?

Overall Status	Additional Interventions to Implement	Expected Outcome

Professional Communication - SBAR to Primary NURSE

Situation

- Name/age
- G P AB L EDB / / Est. Gest. Wks.:
- Reason for admission

Background

- Primary problem/diagnosis
- Most important obstetrical history
- Most important past medical history
- Most important background data

Assessment

- Most important clinical data:
  - Vital signs
  - Assessment
  - Diagnostics/lab values

  Trend of most important clinical data (stable - increasing/decreasing)
- Patient/Family birthing plan?
- How have you advanced the plan of care?
- Patient response
- Status (stable/unstable/worsening)

Recommendation

- Suggestions for plan of care

O2 therapy _____

IV site_____

IV Maintenance _____

IV Drips _____

Anesthesia Local / Epidural / Spinal / General

Episiotomy_____Treatment _____

Incision _____Dressing _____

Fundus Location_____ Firm / Boggy

Pain Score _____Treatment_____

Fall Risk/Safety _____

Diet _____

Last Void_____ Last BM _____

Intake_____ Output:_____

Notes: