

Covenant School of Nursing Reflective Practice

Name:

Instructional Module:

Date submitted:

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Step 1 Description

My patient came in for vaginal bleeding and was only 3-4 cm dilated. She was not progressing, so they were going to send her home. However, she decided she wanted a AROM. Watching the AROM I did not get to help with anything, but it was a cool experience to see. A midwife did the AROM.

Step 4 Analysis

From previous knowledge I know that after a AROM is that you need to monitor odor, color and quantity of amniotic fluid. Also, that infection and prolapsed umbilical cord are two common side effects of ROM. Assess FHR for one full minute following ROM.

Step 2 Feelings

In the beginning I was curious to see what a AROM would look like. I thought it would be like a huge splash of amniotic fluid, however it was just a dribble of it. I knew the mom wanted a natural birth so she really wasn't 100% setn getting a AROM and so the nurse explained it really well to her.

Step 5 Conclusion

I learned from this event how to talk to a patient nervous about getting a AROM & b/c this patient was scared of the tool used when the nurse showed her the amnihook and how it isn't sharp or anything she felt less nervous.

Step 3 Evaluation

The event went well, and the mom ended up delivering a few hours ever! So, the outcome I expected was for the fluid to soak the pad and bed, but it didn't! The AROM went well because there was no fetal distress shown on the monitor for baby and the delivery was successful. I was able to help the nurse set up the tray for the AROM and it was nice to see the tool they use!

Step 6 Action Plan

In the future I will know to put pads under the mom to have soak up the amniotic fluid so you can evaluate it. I will know how to monitor a patient after a AROM. I will also know that not all ROM is a huge gush of amniotic fluid

Prioritization Tool

	URGENT	NOT URGENT
IMPORTANT	Urgent & Important DO <ul style="list-style-type: none"> - Get consents signed before AROM - Evaluate amniotic fluid - Do amniotic fluid test - FHR 1 min after arom 	Not Urgent but Important PLAN <ul style="list-style-type: none"> - Setting up cart for delivery - Vaginal exam
NOT IMPORTANT	Urgent but Not Important DELEGATE <ul style="list-style-type: none"> - Prepare for emergency C/S 	Not Urgent and Not Important ELIMINATE <ul style="list-style-type: none"> - Taking pictures of mom before birth - Ordering food for dad

Education Topics & Patient Response:

Educated patient on how a AROM will work and showed them the amnihook so they would not be nervous. Educated them on why we needed anesthesia consents just in case an emergency C/S had to be performed.

Patient did not want an epidural or oxytocin during birth so we educated on why oxytocin helps the uterus after birth and the patient agreed to get it after birth.

