

Placing Tocodynamometers

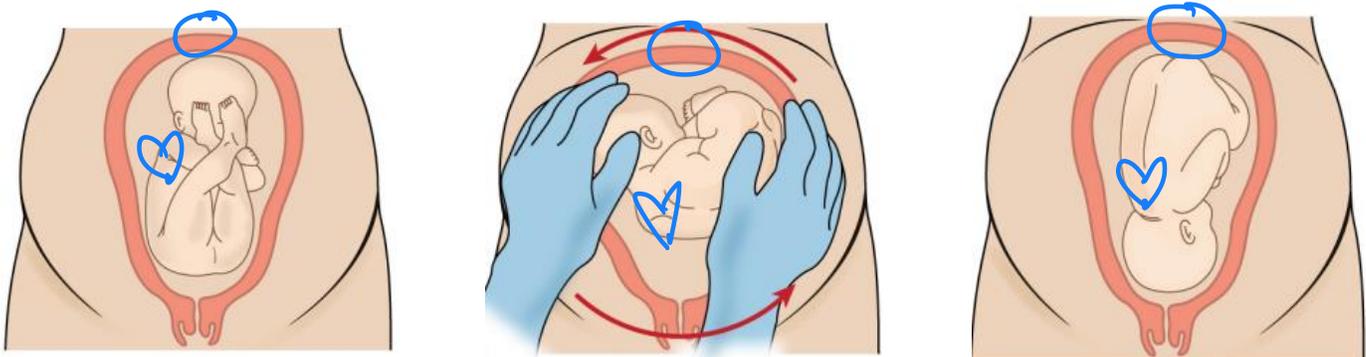
Steps:

1. Perform **Leopolds**
 - a. Determine fetal presentation
 - b. Determine Point of Maximum Intensity
2. Smooth transducer for FHR "ultrasound transducer"
 - a. Lower quadrants (Cephalic or vertex "head down")
 - b. Upper quadrants (Breech)
3. Place "pointed" transducer for Uterine Contractions "tocodynamometers"
 - a. On mother's abdomen on area of strongest contractions (fundus)

Where will we place transducers based on the following fetal positions?

Draw a Heart  where you will find the fetal heartbeat

Draw a circle  Where you would place for contractions



Injections

Read the following scenarios and answer the following questions:

- A 27-year-old woman has **just delivered** and is not immune to **rubella**. She is ordered to receive the **MMR vaccine** before discharge.

Which **needle gauge** and **length** would you select, and **where** would you administer the injection?
Explain your reasoning.

25g-20g (smaller gauge to minimize discomfort)
1in (1in to deltoid to ensure its in muscle not sq tissue)
Location = deltoid is primary choice for immunizations

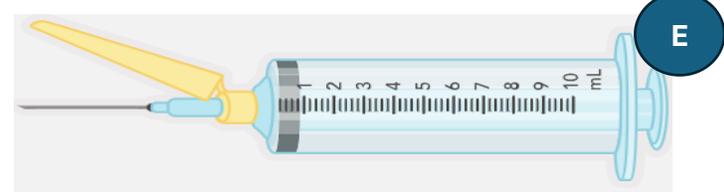
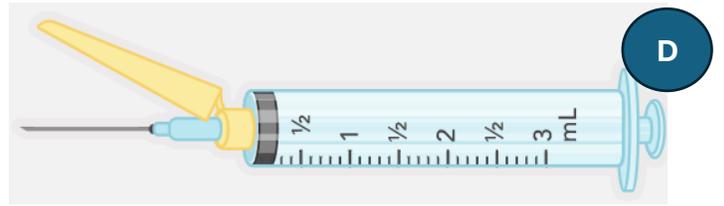
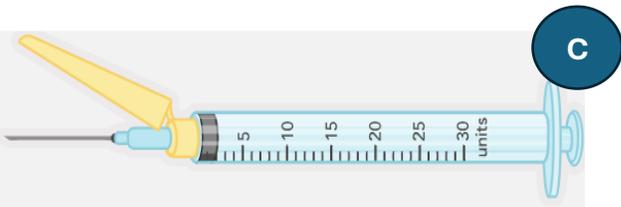
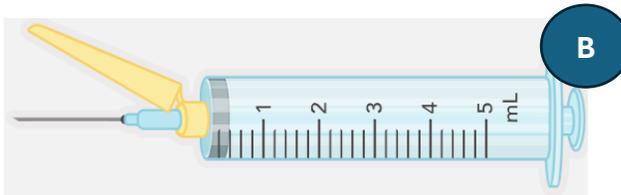
- A 24-year-old woman who is Rh-negative delivered a Rh-positive infant. The provider orders 300mcg Rhogam IM within 72 hours of birth.

What is the correct needle gauge, length and preferred site for administration? Explain your reasoning.

gauge = 25g-18g (minimize site discomfort)
 length = 1-1 1/2" (1 = deltoid, 1 1/2 = vastus lateralis) to ensure in muscle
 Site = deltoid or thigh depending on volume

Syringes

Choose from the following choices of syringe sizes to answer the following questions on the next page



	18 Gauge OUTER DIAMETER: .050in (1.27mm)
	20 Gauge OUTER DIAMETER: .036in (.91mm)
	21 Gauge OUTER DIAMETER: .033in (.83mm)
	22 Gauge OUTER DIAMETER: .027in (.70mm)
	23 Gauge OUTER DIAMETER: .025in (.63mm)
	25 Gauge OUTER DIAMETER: .020in (.51mm)
	27 Gauge OUTER DIAMETER: .016in (.42mm)

IM6 OB LAB Pre-Work **Review and Complete questions for each section**

A postpartum patient is reporting severe perineal pain after a third-degree laceration repair. Providers orders are Morphine 15mg IM for pain relief. Vial reads Morphine Sulfate 10^{mg} /mL. How many mL should the nurse draw up to administer the prescribed dose? Which of the syringes should the nurse choose? What needle gauge(s) would be acceptable for the nurse to use?

$$\frac{15\text{mg}}{10\text{mg}} \times 1\text{mL} = 1.5\text{mL}$$

Syringe D
gauge 18-25g

A postpartum patient with a history of hemorrhage is ordered methylergonovine maleate (Methergine) 0.4mg IM for uterine atony. The vial reads Methylergonovine 0.2mg/mL How many mL should the nurse draw up to administer the prescribed dose? Which needle and syringe would be appropriate to withdraw medication?

$$\frac{0.4\text{mg}}{0.2\text{mg}} \times 1\text{mL} = 2\text{mL}$$

Syringe D
gauge 18-25g

“Usual” Patient blood glucose level of 211
See Sliding Scale for insulin coverage:

BG (mg/dL)	Insulin sensitive	Usual	Insulin resistant
141-180	2 units	4 units	6 units
181-220	4 units	6 units	8 units
221-260	6 units	8 units	10 units
261-300	8 units	10 units	12 units
301-350	10 units	12 units	14 units
350-400	12 units	14 units	16 units
>400	14 units	16 units	18 units

What is the patient dosage, and which needle is appropriate to withdraw medication?

6 units syringe C gauge 27

Practice with Smart Goals:

You will be writing SMART goals as part of your clinical paperwork

Steps:

1. Identify what behavior or concern you want to improve.
 - a. Choose something observable and important to the patient
2. Ask yourself the following questions:
 - a. What exactly will I do for the patient?
 - b. Where and with whom will this be done?
 - c. Use action verbs like *demonstrate, perform, assess, teach, document and prioritize*
3. Make it measurable & Ask yourself:
 - a. How will I know I achieved goal?
 - b. What evidence will show success?
4. Ensure goal is achievable and realistic for skill level
 - a. Avoid goals that require resources or authority you don't have
 - b. Remember: *small progress is still progress!*
5. Check Relevance and ask yourself the following questions:
 - a. Does this goal support patient safety and your learning objectives
 - b. Will achieving it, make you a better nurse
6. Add a time frame
 - a. Emphasize setting deadline or frequency
 - b. When will you complete it?
 - c. How often will you practice it?
7. Read out loud and Rephrase until it meets all 5 criteria

Look at the example below and write a thorough and detailed SMART Goal for the following Nursing Diagnosis

Nursing Diagnosis Example

Pain related to Cesarean Section as evidenced by a rating of pain 6/10

SMART Goal:

Patient will rate pain at a 3/10 by 1700 today (06/17/25) with around the clock administration of pain medications.

IM6 OB LAB Pre-Work **Review and Complete questions for each section**

Nursing Diagnosis: *Risk for Infection related to lower transverse abdominal incision*

Write me a SMART Goal for this patient

patient will be discharged home without any signs of infection to site with education on handwashing keeping site clean & dry, & watching for S/S.

Nursing Diagnosis: *Impaired parenting related to lack of maturity (16 y/o mother) as evidenced by mother not responding to infant feeding cues, lack of caretaking skills*

Write me a SMART Goal for this patient

patient will respond to infant cues and needs before discharge with proper education & guidance on cues to look for & how to respond.

