

Student Name: Crystal Mendoza

Outpatient Preparation Worksheet - OB Simulation

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

Patient initials: <u>AJ</u>				Date of Admission: <u>10/21/25</u>				
EDD: <u>3/27</u>	Gest. Age: <u>39</u>	G: <u>2</u>	P: <u>0</u>	T: <u>1</u>	PT: <u>0</u>	AB: <u>0</u>	L: <u>1</u>	M: <u>0</u>
Blood Type / Rh: <u>O positive</u>			Rubella Status: <u>Immune</u>			GBS Status: <u>positive</u>		
Complication with this or Previous Pregnancies: <u>None</u>								
Chronic Health Conditions: <u>Asthma</u>								
Allergies: <u>penicillin</u>								
Current Medications: <u>prenatal vitamins - Singulair, Advair MDI, Proventi MDI</u>								
Patient Reported Concern Requiring Outpatient Evaluation: <u>Reports early labor</u>								
What PRIORITY assessment do you plan based on the patient's reported concern? <u>Vaginal exam to determine ROM, dilation and effacement,</u>								

Pharmacology

Review patient home medications and any drug(s) ordered for the outpatient.

Medications	Pharm. Class	Mechanism of Action in OWN WORDS	Common Side Effects	Assessments/Nursing Responsibilities
<u>PNU prenatal multi + DHA</u>	<u>prenatal vitamin</u>	<u>Nutritional support needed for growth of fetus.</u>	<u>constipation diarrhea upset stomach black stools</u>	<u>Lab work</u>
<u>Singulair (montelukast)</u>	<u>Leukotriene receptor antagonist</u>	<u>Decreases inflammation by inhibiting leukotrienes from releasing</u>	<u>can cause depression/agitation numbness tingling</u>	<u>Changes in behavior and respiratory status</u>
<u>Advair MDI</u>	<u>Long acting Beta agonist</u>	<u>Decreases inflammation by decreasing production of inflammatory cells</u>	<u>hyperglycemia headache upper res infection</u>	<u>Respiratory status and signs and symptoms of bronchospasm</u>
<u>Proventi MDI</u>	<u>Beta 2 agonist</u>	<u>Relaxes and opens up the bronchial tubes</u>	<u>Bronchospasm URI exacerbation</u>	<u>Assess for wheezing SAB, chest tightness</u>

Fluticasone and salmeterol

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Pathophysiology

Interpreting clinical data - state the pathophysiology of the reported problem in your own words.
 Make sure to include both the maternal and fetal implications

Medical/Obstetrical Problem	Pathophysiology of Medical/Obstetrical Problem
Early labor at 38 weeks	Uterus begins to contract therefore changing hormones and causes effacement and dilation
Fetal/Newborn Implications	Pathophysiology of Fetal/Newborn Implications
Inadequate oxygen	During contractions, blood flow and oxygen are reduced, causing stress to the fetus and cause fetal distress.

Problem Recognition

Based on the patient's reported concern, answer each question in the table below.

Question	Most Likely Maternal Complication	Worst Possible Maternal Complication	Most Likely Fetal/Complication	Worst Possible Fetal/Complication
Identify the most likely and worst possible complications.	RISK Preeclampsia	postpartum hemorrhage	Decelerations	Tachy/systole
What assessments are needed to identify complications early?	monitor vital signs and respiratory status	Fundus assessment vital signs Lochia	Fetal heart monitor	uterine activity monitoring
What nursing interventions will the nurse implement if the complication develops?	Administer O ₂ , hypertensive meds magnesium sulfate	massage fundus administer oxytocin	Reposition pt. Admin O ₂ IV Fluid Bolus	Administration of tocolytics

Nursing Management of Care

Identify the nursing priority after interpreting clinical data collected for this outpatient evaluation.
 List three priority nursing assessment/interventions specific to the patient concern. Include a rational and expected outcome for each.

Nursing Priority	Promote safe progression of labor	
Goal/Outcome	Decrease fetal distress and asthma exacerbation	
Priority Assessment/Intervention(s)	Rationale	Expected Outcome
1. Vital Signs for signs of Preeclampsia 2. monitor contractions and fetal heart rate 3. Assess respiratory status and pain	1. Hx of asthma increases risk of preeclampsia 2. frequent contractions can cause reduction of O ₂ and cause fetal distress 3. history of asthma and increase perception of pain due to waning	1. catching abnormal finding and implements interventions before complication arises 2. Implement interventions based on fetal complications 3. decrease pain and keep oxygen status favorable for an asthmatic