

OB Simulation Patient Preparation Worksheet

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

Student Name: LILLIAN NGUYEN

Admit Date:

Patient initials: CW G 3 P 2 AB 0 L 1 M 0 EDD: 8 /10/ XX Gest. Age: 38 3/7wks

Blood Type/RH; O Negative Rubella Status: Immune GBS status: Negative

Obstetrical reason for admission: Labor induction

Complication with this or previous pregnancies: Gestational diabetes and elevated BP

Chronic health conditions: Elevated BP

Allergies: Morphine

Priority Body System(s) to Assess: Cardiovascular and labor progression

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
Hypertension Gestational diabetes	Hypertension is the elevation of blood pressure. It can be caused by stress, higher BMI, diet, and history of HTN or pre-eclampsia. Gestational Diabetes is when glucose levels are elevated and it may be because the placenta is blocking hormones that produce insulin, BMI increased hx of diabetes and diet.
Fetal/Newborn Implications	Pathophysiology of Fetal/Newborn Implications
Poor fetal growth Low birth weight	Poor fetal growth and low birth weight can be the result of placental insufficiency which causes lack of nutrients, oxygen, and blood flow to the baby. Lack of insulin from gestational diabetes also plays a factor as insulin is a signal to baby that there is food. Therefore, lack of insulin and placental insufficiency causes a deficit in nutrition.

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.	Pre-eclampsia/eclampsia and pre-term	Eclampsia, HELPP syndrome, DEATH	Low Birth weight Fetal Growth Restriction	Fetal Death Neonatal death
What interventions can prevent them from developing?	Managing high bp, early delivery, maintaining healthy pregnancy weight, balanced diet and managed stress.	Management and observation for worsening	Manage mothers BP and GD. Administering insulin and medication as needed.	Continuous fetal monitoring and interventions as needed when monitoring for emergency resuscitation.

What clinical data/assessments are needed to identify complications early?	Blood pressure, swelling of extremities, medical history, weight gain, protein in urine.	Blood pressure, pain, swelling, BMI, diet, proteinuria.	Monitor fetal growth and assessing prenatal care	Fetal distress, fetal strip contraindications like variable or late decelerations.
What nursing interventions will the nurse implement if the anticipated complication develops?	Continuous monitoring of mother and fetus, prescribed anti-hypertensives, promoting bed rest, reducing stress and increase fluid intake.		Assess diet, ultrasounds and plan with OBGYN to prevent further progression	Turn mother, bolus iv, stop oxytocin, oxygen, call provider and prepare for emergency delivery.

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

Nursing Management of Care

- 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	Manage hypertension and monitor glucose and labor progress	
Goal/Outcome		
Priority Assessment/Intervention(s)	Rationale	Expected Outcome
1. Assess blood pressure 2. Fetal Heart Monitor and observing fetal strip 4. Check Glucose and treat as needed	1. Mother is at risk of pre-eclampsia and may cause other issues. 3. Contraindications like late or variable deceleration may show. Or any sign of fetal distress. 2. Mother's gestational diabetes inhibits insulin therefore we want to cover to prevent complications with mom and baby.	1. Being able to notice and manage any HTN as needed. 2. To allow us to intervene appropriately and in time. 3. To manage and prevent complications.

Abnormal Relevant Lab Test	Current	Clinical Significance
Complete Blood Count (CBC) Labs		
WBC	18.5	may indicate infx or is normal due to having baby inside
Metabolic Panel Labs		
Glucose	148	may need insulin to cover
Are there any Labs results that are concerning to the Nurse?		
The most concerning would be the WBC due to it can be from infection or just from wielding baby.		

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

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
<ul style="list-style-type: none"> • Name/age • G P AB L EDB / / Est. Gest. Wks.: • Reason for admission
Background
<ul style="list-style-type: none"> • Primary problem/diagnosis • Most important obstetrical history • Most important past medical history • Most important background data
Assessment
<ul style="list-style-type: none"> • Most important clinical data: <ul style="list-style-type: none"> • Vital signs • Assessment • Diagnostics/lab values <i>Trend of most important clinical data (stable - increasing/decreasing)</i> • Patient/Family birthing plan? • How have you advanced the plan of care? • Patient response • Status (stable/unstable/worsening)
Recommendation
<ul style="list-style-type: none"> • 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: