## Placing Tocodynamometers

Steps:

1. Perform Leopolds
   a. Determine fetal presentation
   b. Determine Point of Maximum Intensity
2. Smooth transducer for FHR
   a. Lower quadrants (Cephalic or vertex "head down")
   b. Upper quadrants (Breech)
3. Place "pointed" transducer for Uterine Contractions
   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
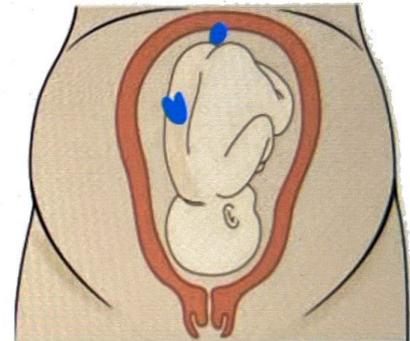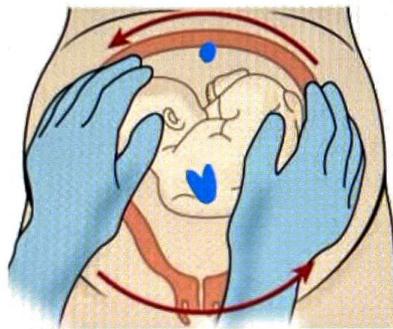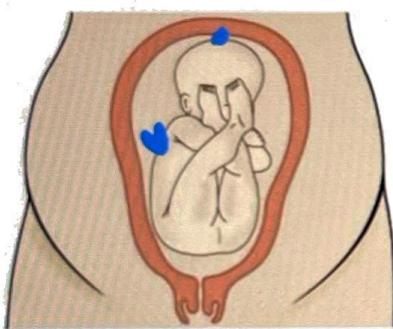


## Injections

**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.

  23-25 b. ⅝ in , sub-q, deltoid ; acromion   process then 2 fingers down , in fatty area

  This is a life vaccine.

- 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.

22-25 G, 1 inch, IM, deltoid muscle or anterolateral these techniques offer proper absorption and isn't as risky as in the ventrogluteal.

## Syringes

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

18 Gauge
20 Gauge
21 Gauge
22 Gauge
23 Gauge
25 Gauge
27 Gauge
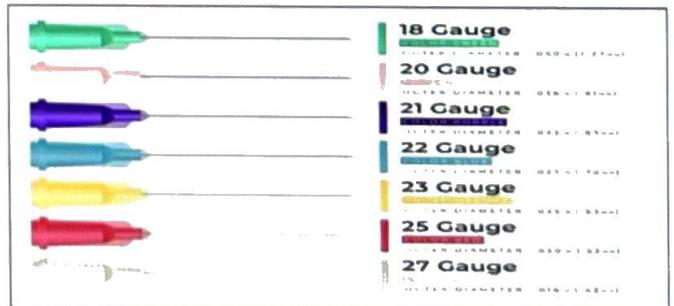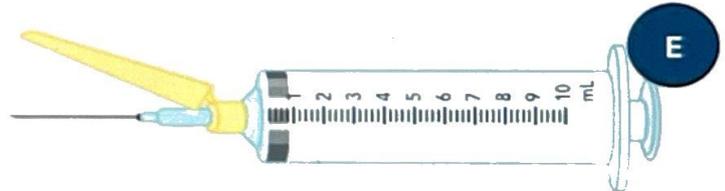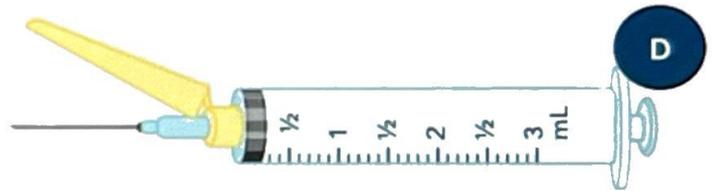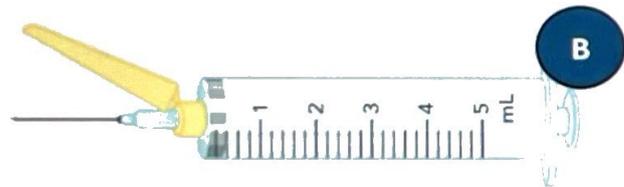
# IM6 OB LAB Pre-Work  Review and Complete questions for each section

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 10gm/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?

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

1.5 mg , use a 3mL syringe (D) ; 22-25 G needle

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?

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

2 mL, use a 3mL or 5mL syringe (B or D), 25 G to withdraw med

"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, 27 G to withdraw

## 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 load and Rephrase until it meets all 5 criteria

## <u>Look at the example below and write a thorough and detailed SMART Goal for the following Nursing Diagnosis</u>

Specific 🟧    Measurable 🟩    Attainable 🟦    Relevant 🔺    Timely 🔴

### <u>Nursing Diagnosis Example</u>

*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.*

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

## Write me a SMART Goal for this patient

By giving prophylactic medications It helps prevent infection. Perform hand hygiene and maintain a clean, dry, & intact dressing / incision site. Also beneficial to monitor vital signs and WBC count.

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

The mom will identify and respond appropriately to feeding cues. Nurses will be supportive, help w/ teaching, and provide demonstration when needed. This will promote infant safety, bonding, & overall health.