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

Placing Tocodynamometers

Yari Lopez/
De La Cruz

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 — Transducer

Draw a circle ● Where you would place for contractions — Toco

Injections

Read the following scenarios and answer the following questions on Needle/Syringes Use the OB Lab Pre-work Information Sheet in LMS to complete:

- *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(s) would you select, and where would you administer the injection?*

The nurse would select the 18-25g and would administer (dettad) subcutaneous in the arm

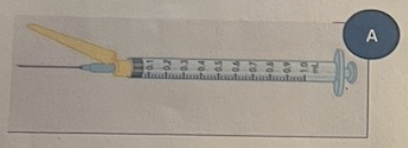
IM6 OB LAB Pre-Work **Review and Complete questions for each section**

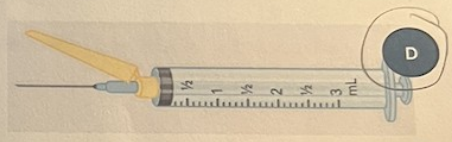
- A 24-year-old woman who is Rh-negative delivered a Rh-positive infant. The provider orders 300mcg Rhogam IM within 72 hours of birth. The medication is provided in a prefilled syringe with a needle attached. Where is the correct patient site for administration? Explain your reasoning.

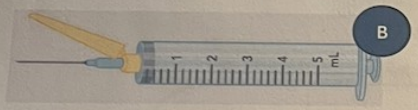
The nurse would administer in the Deltoid as she is an adult and it would be easily accessible

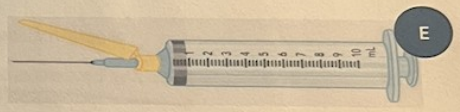
Syringes

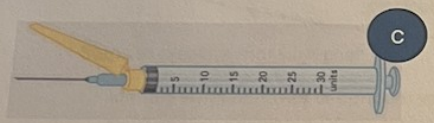
Choose from the following choices of syringe sizes to answer the following questions on the next page

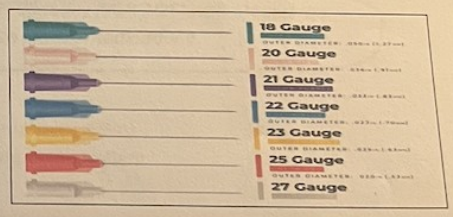












1gm = 1,000mg

10gm

10,000 mg

A postpartum patient is reporting severe perineal pain after a third-degree laceration repair. Provider orders are a one-time dose of 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?

The nurse should draw up 0.0015mL and use A 3ml syringe and verify order with physician

D 15
H 10,000 = 0.0015mL

0.0015 x 1,000

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

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

The nurse would draw up 2mL use Syringe D 3 mL

Practice with Smart Goals:

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

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

Specific	Measurable	Attainable	Relevant	Timely

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.

Steps to create a thorough goal:

1. Identify what behavior or concern you want to improve. (Pain)
   a. Choose something observable and important to the patient
2. Ask yourself the following questions:
   a. What exactly will I do for the patient? (Manage pain with intervention)
   b. Where and with whom will this be done?
   c. Use action verbs like *demonstrate, perform, assess, teach, document* and *prioritize* ("rate pain")
3. Make it measurable & Ask yourself:
   a. How will I know I achieved goal?
   b. What evidence will show success? (pain rated at 3/10)
4. Ensure goal is achievable and realistic for skill level

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

a. Avoid goals that require resources or authority you don't have (For example, it may be too difficult to reach goal of 0/10 and eliminate pain entirely)
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 (Managing pain helps promote healing)
6. Add a time frame
   a. Emphasize setting deadline or frequency
   b. When will you complete it? (by 1700 today 06.17.25)
   c. How often will you practice it? (around clock administration of pain medications)
7. Read out load and Rephrase until it meets all 5 criteria
8. Write down your 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*

Example 2:

Patient incision site will be clean, dry and intact free of drainage during clinical shift on 01.10.26 providing education on proper use of Vashe wound wash with patient return demonstration.

Concern is Infection

What will you do- Provided Education on use of Vashe

What is measure?- incision clean dry and intact; no drainage

Relevance- *wound management prevents infection*

Time Frame- *Throughout 8-hour clinical shift 01.10.26*

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

Mother within 2 days will be able to identify 3 or more infant feeding cues and be able to initiate feeding within 5-8mins within 2 or more feeding sessions, with little nursing prompts to help demonstrate improved parenting skills

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

Nursing Diagnosis: *Ineffective breastfeeding due to latch issues as evidenced by mother's report of nipple soreness.*

Write me a SMART Goal for this patient

Mother within 72 hours, will demonstrate effective infant latching technique during each feeding. This resulting in a mother's nipple pain score of <3/10 and absent of visible nipple trauma that would indicate successful breastfeeding.