

How many clients were seen today at the clinic? The number of clients that were seen at the clinic today was zero. They stated that Tuesdays are a light day with patients, and with the social worker I followed named Mariah, she has many meetings throughout the day with other officials in the community and the staff she works with at the clinic.

What were the activities that the social worker and the nurse performed today? The social worker had multiple meetings today that she was in on. The first one was advocating for the community to get more resources for those who live in the community. She talked about the benefits and the need for specific resources in the community. She then took one through her daily work schedule and what she does. She showed one of the WCC resource guides that she uses daily with her clients. It is a big binder with all the resources in Vermillion county but also Champaign county as well. It was beneficial and opened one's eyes to just how many resources we have at our fingertips. She also showed one a new class that they are starting to offer at the women's care clinic, raising highly capable kids. She let one look over the learning guide to see how they plan to incorporate all these tools into the class.

How were you an engaged nursing professional today? Although they were not busy, one stayed engaged as a professional nursing student by asking lots of questions. One has never heard of the women's care clinic, so as soon as one got to the clinic, one started asking questions. One sat with the receptionist for an hour and asked her multiple questions about the staffing, what they do, how many clients they see daily, weekly, and monthly. How they help, and what are their future goals within this organization.

How did you contribute to the service provided by the clinic nurse today? While one did not follow the clinic nurse today, one could contribute to the social worker by being engaged. One also asked about what the plan of care was for the clients that she talked to oneself about. This allowed one to look more in-depth at what a day for her looks like.

What are the health risks of the population served during today's clinical based on your observations today? Some health risks of the population served at women's health center have a lot to do with pregnancy. These women are at risk for anemia, UTI, mental health conditions such as depression, hypertension, gestational diabetes, preterm labor, hemorrhage, drug abuse, Preterm rupture of membranes, domestic violence, and infections.

How does this clinical site relate to the Population and Global Health Course? The clinical site relates to the population & global health course because the women's care clinic is helping a population and the community surrounding Danville, IL. They offer courses, pregnancy tests, ultrasounds, community resources such as clothing, counseling, and housing. They also have a program where those who sign up to apart have courses and goals to reach. As they accomplish these goals, they get points to shop for baby clothes, blankets, food, bottles, and so much more. They looked at the Danville community and asked what this community needs and how we can help it. They do as much as they can within their mission, and if they can't do it themselves, they find the resources to push these clients in the right direction.

Name 3 ways this clinical site impacts Population and Global Health? This clinical site impacts population and global health by educating the population about pregnancy. They educate women and men who are expecting a child to have a healthy pregnancy and tools to raise a newborn up to one year of age. It also impacts that child's future because if parents are educated and are given the tools to be

the best version of themselves. Lastly, it helps give those who wouldn't necessarily know about all the resources available within the community they live in. It shows them and gives them the options to use these resources to better themselves.

Choose one of the health risks identified in question 6 and develop a plan of care to address this. Include a Nursing diagnosis, a measurable goal, and at least 3 Nursing interventions to achieve this goal. The risk for premature rupture of membranes is the health risk I will be using for this question. Premature rupture of membranes can occur due to ineffective coping as evidenced by a health crisis, a sense of vulnerability, inadequate support system, and needed adjustment in lifestyle to provide an optimal environment for the fetus and prolong the gestational period (Swearingen, 2016). How this can be measured and seen as positive changes occurring would be having the client able to verbalize one's feelings, be able to tell others their strengths, show positive behaviors, and make changes within one's lifestyle to better oneself and the fetus (Swearingen, 2016). Three nursing interventions that one would use to achieve this goal would be to help the client identify previous stressors and methods of coping with stressful situations in life (Swearingen, 2016). Provide the client with resources for support groups, written information, or home helpers (Swearingen, 2016). Lastly, one would assist and affirm the client's efforts to set realistic lifestyle adjustments and support systems (Swearingen, 2016).

How will your experience during the Women's Care Clinic job shadowing impact your nursing practice? One never realized how many resources the Danville area has. While one has a job in Champaign county, many clients come from the Danville/ Vermillion county area. One will be able to give them resources if needed and advocate for them to use these resources. It has also made one interested in looking into what all Champaign county has to offer. Becoming more informed about these communities will benefit one as a nurse throughout one's career.

References

Swearingen, P. L. (2016). *All-in-one nursing care planning resource: medical-surgical, pediatric, maternity, psychiatric nursing care plans*. Elsevier/Mosby.