

N432 Focus Sheet #2 2020

Ricci, Kyle, & Carman Ch 13, 14, 21; ATI Ch 11, 12, 13, 14, 15,16 and online Fetal Monitoring program

1. Fill in the following table with associated s/s of each

	TRUE LABOR	FALSE LABOR
Uterine Contractions (Braxton Hicks)		
Cervical Dilation & Effacement		
Bloody show		
Fetus: Engagement		

2. How does lightening relate to labor?
3. Describe the Bishop score and the indications for doing it.
4. What are Leopold's maneuvers (make sure to understand all 4 maneuvers) and what 4 questions does each maneuver answer?
5. List the "preprocedures" done on admission to labor and delivery.
6. State the 5 "P's" of the labor progress and what each P is composed of.
7. Define fetal lie and fetal attitude.
8. What role do the fetal skull suture lines and fontanelles play in identifying fetal position?
9. Define the various fetal presentations (RKC p 462-464 & ATI p 74).
10. What do each of the 3 letters associated with fetal positioning stand for?
11. Fetal station is assessed in relation to what?
12. Outline the rationale for and the pros and cons of external cephalic version.
13. Describe methods of cervical ripening and the indications for their use?

14. Use this chart to summarize the Stages & phases of labor. Write it so that it makes sense to you.

Stage of Labor	What is happening during this Stage/Phase?	Expected effacement & dilation of cervix	Expected Frequency of Contractions	Expected duration of contractions	Anticipated Nursing assessments & interventions
First Stage 1. Latent 2. Active 3. Transition					
Second Stage					
Third Stage					
Fourth Stage					

15. How can we confirm rupture of membranes?

What is our priority nursing intervention after confirmation of rupture of membranes?

What information do we want to gather from the mother about rupture of membranes if we did not witness it?

16. Describe when an induction might be warranted and the difference between induction and augmentation?
17. Describe what an amniotomy is, the indications for it to be done, and the considerations.

18. **Medications:** *What is each medication used for? What does it do? Nursing indications/interventions?*

Oxytocin	
Misoprostol	
Penicillin G	
Methylergonovine	
Betamethasone	
Terbutaline Sulfate	
Methotrexate	
Indomethacin	
Magnesium Sulfate	
Nalbuphine hydrochloride (Nubain)	
Calcium Gluconate	
Naloxone (Narcan)	

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19. Define each of the 6 cardinal movements of labor (Mechanisms of labor).
20. Describe the benefits for a woman to change position while in labor. Include what suggestions the nurse can give the laboring woman about position changes?
21. What are the 4 techniques used to assess ongoing data during labor and birth?
22. What is a vaginal exam (SVE-sterile vaginal exam)? How often should it be done according to WHO (World Health Organization)?
23. Why is important to assess frequency, duration and intensity of contractions?
24. What 2 ways can you assess uterine contractions?
25. To palpate uterine contraction intensity, a mild contraction feels like your _____, a moderate contraction feels like your _____, and strong contraction feels like your _____.
26. List the sources of pain during labor.
27. List how pain assessment is done during labor.
28. What should the nurse consider prior to administration of opiod pain medication during labor?
29. Describe the gate-control theory of pain control. Give examples.
30. List 3 non pharmacologic pain intervention methods.
31. Describe how epidural analgesia is administered, what are the implications, and what is the difference between this and a spinal epidural?
32. What added considerations are there for the nurse caring for a woman who has undergone general anesthesia?

COMPLETE Q34 & Q35 after you review R,K,C p 492-498 and ATI p86-89 for understanding of fetal monitoring and you complete the Online Fetal monitoring program

33. Where in the contraction do the increment, acme and decrement happen?
34. Briefly describe what Category I, Category II and Category III fetal heart rate tracings look like.
35. Why is support vital for laboring women? What is a doula? What is a CNM?
36. What is "crowning"?
37. List a summary of assessments during second, third and fourth stages of labor.
38. What are the signs of placental separation and how long can it take for the placenta to be expelled?
39. What is the difference between a laceration and an episiotomy?
40. What are the normal blood loss amounts for a vaginal and a cesarean delivery?
41. List "post procedures" done during the fourth stage of labor.
42. What are important interventions for the newborn at birth? Why is skin to skin time with mom so important?
43. What important assessments as the nurse are you continuing to make, in relation to mom, during the third stage of labor?