

## **Women's Care Clinic of Danville**

**1509 N. Bowman Ave.**

**Danville, IL 61832**

**Ph: 217-431-0987**

**Director: Bethany Hager**

**Social Worker: Mariah Hanson**

### **N442 – Active Learning for Women's Care Clinic Shadowing Experience**

This clinical experience showed this nurse many programs that the Women's Care Clinic offers. The clinic saw one client on this day, but two others canceled. This client spoke to the receptionist Stacey about the services provided at the clinic. She informed this nurse that the community entirely funds the clinic. This clinic utilized volunteers but also had hired staff. The staff of this clinic included advocates, sonographers, nurses, mentors, managers, child care help, and a director of the clinic, Stephanie. If the clinic cannot offer a service, they provide referrals to other agencies. The clinic's services include parenting classes, free pregnancy tests, free ultrasounds, ongoing support, and prenatal care from 3 and 6 months of pregnancy and birth. The Women's Care Clinic is just one of the Help Ministries. Others include Bridges, TIES, ICU mobile, and Stop the Traffic programs. Stacey explained the benefits of the client's attendance at the educational programs. Bridges "Earn to Learn" program, which includes a point system for every client session. The number of attendance points can go towards cribs, mattresses, bottles, pacifiers, blankets, hats, jackets, diapers, diaper bags, strollers, and many more items.

This client arrived at the clinic for a pregnancy test due to symptoms of breast tenderness, spotting, cramping, one month of a missed period, and stated, "I fell off and have a feeling I might be pregnant, but I am not sure." This client lives with her boyfriend, owns a home, has steady jobs, and explained that if she were pregnant, they would be happy no matter what. This nurse shadowed Nurse Kassy at the clinic due to the other persons being absent. The client was not pregnant and was understanding of the situation. The activities performed today by the nurse included assessing the client, counseling, and defining the client's needs and risks in the consultation room before the pregnancy test. This nurse provided assessment and therapeutic communication with this client through the entire process. This nurse completed the pregnancy test and verified the sticker on the urine cup that the client was not in danger or a victim of maleficence. Nurse Kassy showed this nurse the charting system and explained the reasoning for each category.

The health risks involved in this population include mental health issues, physical health, the uninsured, low-income families, poverty, employment status, sexual assault, violence, and lack of transportation. This clinical site relates to community health by offering easy access to help promote women's and men's health and education. Three ways this clinical site impacts community health includes promoting health, client rights, and advocating for parents. The Women's Care Clinic will impact this nurse's nursing practice by knowing resources to help the community and promote this nurse to look closer into the client's social-emotional well-being. This nurse will create a care plan based on the health risk of sexual assault.

Nursing Diagnosis: Situational low self-esteem due to sexual assault

Measurable goals: This client will have decreased sleep disturbances, decreased anxiety, and improvement in appetite, and physical trauma within six months.

Nursing interventions:

Establish trust and support

Encourage Verbalization

Refer the client to support groups such as crisis counseling, group therapy, and rape counseling