

A patient came into the office needing birth control removed. Once she had the birth control removed, she wanted it put back in. The nurse ensured the provider had what she needed to do this minor procedure. The type of birth control the patient used is called Nexplanon. This birth control lasts for three years, and once the removal of the birth control takes place, it is no longer effective at preventing pregnancy. While observing this procedure, thoughts about how empowered the patient must feel by taking matters into her own hands and deciding when and if she wanted to have a baby passed. Parenting is by far one of the most challenging jobs, and if one is not ready, they should choose not to bring a child into this world. The patient had four children and did not want any more.

Many new and exciting things happen in the clinical setting. We watched a monitor as the nurse checked the baby's heartbeat and the mother's contractions during a non-stress test assessment. The mother was high risk and therefore needed to be watched more closely. The nurse instructed the mother to pull up her shirt once she was seated comfortably on the table. The nurse then applied a lubricant to the doppler and placed the doppler on the mother's stomach. The patient needed to stay as still as possible for 25 minutes. During the 25 minutes, the nurse sat outside the room and watched for movement on the monitors. Tall, wide rhythms indicated contractions or fetal movement.

Fetal movements (FMs) in pregnancy indicate fetal well-being (Smith et al., 2021). A reduction in or absence of FMs may indicate fetal compromise or death (Smith et al., 2021). We use a machine known as a fetal monitor to do a non-stress test (England, 2022). A non-stress test (NST) looks at your baby's heart rate over time (usually 20 to 30 minutes, but sometimes up to

an hour) (England, 2022). The monitor has two sensors placed on the belly with two belts around the waist (England, 2022). One sensor detects any contractions the mother may be having, even those she might not feel (England, 2022). The other sensor tracks the baby's heart rate, which we can hear - information displayed on the graph on paper or a computer screen (England, 2022). During the test, the patient will be comfortable in a reclining chair (England, 2022).

One of our nurses will watch the heart rate during the test to see how the baby is doing and make sure the heart rate increases when the baby moves (England, 2022). The expectation of the baby during this test is to move at least three times. If fetal movement is not detected, the mother may eat a piece of candy or drink a cold glass of water to encourage fetal movement. Notify the provider if fetal movement is not detected.

- An NST is reassuring if the fetal heart rate increases at least 15 beats per minute over the baseline (between 120 and 160 beats per minute), lasting at least 15 seconds, within a 20-minute timeframe - called a "reactive NST." (England, 2022)
- If these accelerations do not occur, the test is said to be "non-reactive." (England, 2022) Although a reactive NST is a good sign, a non-reactive NST does not mean something is wrong with the baby (England, 2022). The baby might be sleeping, or a more in-depth NST or a biophysical profile might be needed (England, 2022).

References

England, C. N. (2022, January 12). *Fetal assessment: Prenatal diagnosis center: Women and infants*. Prenatal Diagnosis Center | Women and Infants. Retrieved February 10, 2022, from <https://www.womenandinfants.org/services/pregnancy/high-risk/fetal-assessment>

Smith, V., Muldoon, K., Brady, V., & Delaney, H. (2021, March 10). *Assessing fetal movements in pregnancy: A qualitative evidence synthesis of women's views, perspectives, and experiences - BMC pregnancy and childbirth*. BioMed Central. Retrieved February 10, 2022, from <https://bmcpregnancychildbirth.biomedcentral.com/articles/10.1186/s1288>