

**Clinic Observation Paper**

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"I have neither given nor receive, nor will I tolerate others' use of unauthorized aid".

### **Clinic Observation Paper**

My day consisted of following the nurses around each station once a patient came in. I did not have one specific patient during the day, and I had multiple. The assessments that are completed follow family-centered care. To help the patient take proper care of herself and her child, she is carrying. The nurses would ask a series of questions to the patients "Are you going to breastfeed or bottle-feed your baby?". "Do you smoke or use any type of drugs?". "Have you been having any pain?". "Have you been showing any signs of depression?". These questions indicate how the patient is taking care of herself and her baby.

The nurses also placed fetal monitors on the patient's stomach to monitor the baby's heart rate. The nurse also performed an ultrasound on patients to know the size and position of the baby. This is accomplished to help with a healthy delivery of the baby. Other assessments were physical exams which consisted of general appearance, nutrition, blood pressure, weight (including the pattern of weight gain), uterine size, heart rate of mother and fetus, and a cervical check after 40 weeks. The cervical check should include dilatation effacement, fetal presentation, and station (Cervical screening during pregnancy, 2022). Cervical screening can be performed anytime, including before becoming pregnant and during your pregnancy. Having a pap smear done during your pregnancy does not cause any harm to your baby (Pap smears during pregnancy, 2021).

### References

*Cervical screening during pregnancy.* Pregnancy Birth and Baby. (n.d.). Retrieved February 17, 2022, from <https://www.pregnancybirthbaby.org.au/cervical-screening-during-pregnancy>

*Pap smears during pregnancy.* American Pregnancy Association. (2021, December 9). Retrieved February 17, 2022, from <https://americanpregnancy.org/womens-health/pap-smear/>