

Clinic Observation Paper

Caitie Blakeney

Lakeview College of Nursing

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Professor Bohlen

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Today we were at the Carle Clinic OB department. The day started slowly; our first three patients were a no-show. However, we did have two patients come in who needed to have a fetal monitor check. The nurse explained what the fetal monitor was and that the doctor wanted to make sure the baby was growing according to the chart. Also, to check the mother's contractions to see if she had any. One of the patient's fetal monitors was a downward movement, so the nurse gave her a sucker, a glass of water, and an Oreo cookie to see if the baby progressed with activity. The mother had to sit another 20 mins for the fetal monitor to read her, and the baby had more movement. The nurse did her job by explaining how the fetal monitor worked and asked the patient if they had any questions.

Fetal heart rate monitoring affects millions of women and infants every year in the United States alone (Fetal heart rate monitoring during Labor, 2022). Used by all members of the obstetric team - nurses, students, midwives, and physicians – it is the primary method to assess fetal oxygenation in both the antepartum and intrapartum setting (Fetal monitoring: Creating a culture of safety with informed choice, 2022). Fetal monitoring is a way for your doctor to know how your baby is doing during labor. It is used to listen to your baby's heartbeat and your contractions.

References

Fetal heart rate monitoring during Labor. ACOG. (n.d.). Retrieved March 22, 2022, from <https://www.acog.org/womens-health/faqs/fetal-heart-rate-monitoring-during-labor>

Heelan, L. (2013). *Fetal monitoring: Creating a culture of safety with informed choice*. The Journal of perinatal education. Retrieved March 22, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4010242/>