

Today, this nursing student observed the nurse taking the patients to the room, taking blood pressures, obtaining weight, verifying any allergies, and doing medication reconciliations. The nurse also confirmed the patient's last period, pregnancy status, and history. The patients seen today were there for non-stress tests, annual examinations, and to receive the Depo-Provera shot. Family-centered care includes a partnership with the patient, family, and caregivers (Ricci et al., 2021). One of the goals of family-centered care is to promote self-efficacy and enhance empowerment (Ricci et al., 2021). Through a partnership with her provider, the patient decided the Depo-Provera shot was the right choice. Many factors make this form of contraception the best option for her. She likes the fact that it reduces the severity of her cramps and menstrual cycle, she does not have to remember to take a pill daily or even think about it daily, she has not had any side effects, and she only must come into the office every three months for another injection. Depo-Provera is not for everyone, though; any woman who has a history of unexplained vaginal bleeding, breast cancer, liver disease, history of heart attack or stroke, or depression should not get this contraceptive injection (Mayo Clinic, 2022).

This nursing student remained in the room with the nurse to observe the preparation and the intramuscular injection of Depo-Provera. The nurse confirmed that the patient was not pregnant; she drew up the medication, cleaned the area with an alcohol wipe, and injected the medication deep into the muscle. This contraception contains progestin which suppresses ovulation and thickens the cervical mucus to prevent sperm from reaching the egg (Mayo Clinic, 2022). The nurse reminded the patient to make her next appointment on her way out and that she would return in no more than twelve weeks. Since the patient has been receiving the Depo for a year, the nurse did not discuss the possible side effects of weight gain, appetite changes, headaches, hair loss, or depression.

## References

Mayo Foundation for Medical Education and Research. (2022, February 22). *Depo-Provera (contraceptive injection)*. Mayo Clinic. Retrieved from <https://www.mayoclinic.org/tests-procedures/depo-provera/about/pac-20392204>

Ricci, S. S., Kyle, T., & Carman, S. (2021). *Maternity and pediatric nursing*. Wolters Kluwer.