

**Clinic Observation Paper 3**

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### **Clinic Observation Paper**

Today we were at the Carle Clinic OB department for the second time. The day again started slowly; our first two patients were a no-show. However, we did have one patient come in who needed to have a fetal monitor checked, which I had seen in the previous clinical. The nurse explained what the fetal monitor was and that the doctor wanted to make sure the baby was growing according to the chart. The second thing I was able to do was to obtain a urine analysis. A urinalysis is a test of urine. It's used to detect and manage various disorders, such as urinary tract infections, kidney disease, and diabetes. A urinalysis involves checking the appearance, concentration, and content of urine. The Urine Culture Transport Tubes consist of a gray top and yellow top tube with appropriate volume (4 mL /cc), the preferred specimen container for culture. Results include a quantitative assessment. The UTTs contain a boric acid preservative, preventing overgrowth and allowing for a more accurate quantitative assessment (Urine Culture, WakeMed Health & Hospitals, Raleigh & Wake County, NC).

To obtain the urine analysis, the patient is to urinate in a urine cup. You then transfer the urine to the nurse's station. You Insert the same tube and apply gentle pressure on the vacutainer tube. Keep the vacutainer line connected until it is complete or at the end of the flow. Remove the sample tube and fully restick the protective label. You then place the box in a biohazard bag, verify the name and date of birth of the patient then send it off to the lab for further testing (Vacutest sampling instructions - elkaylabs.com).

To elaborate on fetal heart monitoring, 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>

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