

Ante/Intra/Postpartum and Newborn Care- (2)

Expected Physiological Changes During Pregnancy: Calculating EDD

- Using Nagele's rule to calculate the estimated due date.
- Take the first day of the last menstrual cycle then subtract 3 months and add 7 days and 1 year.
- In some cases, it will be necessary to change the year

Prenatal care: Expected Changes During the Second Trimester

- Rapid physical changes occur during the second trimester.
- Enlargement of the abdomen and breasts can affect mobility.
- Body changes, skin changes, and balance issues may be factors that lead to a negative body image. The client may feel resentment toward the pregnancy and be anxious for the pregnancy to be over soon.

Health Promotion/Disease Prevention- (1)

Postpartum Disorders: Identifying a Risk Factor for Developing a Postpartum Infection

- There are many risk factors for developing a postpartum infection.
- Some risk factors include: History of diabetes mellitus, immunosuppression, anemia, or malnutrition
cesarean birth, prolonged rupture of membranes, retained placental fragments, episiotomy, or lacerations
- Nursing care includes: Frequent vitals, assessing for pain, fundal height, positions, and consistency, observing lochia for color, quantity, and consistency, inspecting episiotomy and lacerations for redness, swelling, bleeding, odor. Educate patient on signs and symptoms of postpartum infection.

Grief and Loss – (1)

Caring for a Client After a Stillbirth

- The baby should be bathed, and have tubes removed. Swaddle the baby in a clean blanket.
- Offer mementos of the baby, id bracelet, footprints, cord clamp, or a lock of hair.
- Ask the family if they would like to visit with the body and honor any decision.

Non-Pharmacological Care and Comfort Interventions – (1)

Teaching About Hypnosis

- Nonpharmacological pain management reduces anxiety, fear, and tension.
- Pain is subjective and an individual experience. Safety for the mom and baby is a priority
- Hypnosis is a cognitive strategy and optional intervention to help with pain management in a nonpharmacological way.

Adverse Effects/Contraindications/Side Effects/Interactions – (1)

Adverse Effects of Clomiphene Citrate

- Monitor for adverse effects associated with infertility medications and educate the clients on these effects.
- Some of the side effects include: Blurred vision, nausea, abdominal discomfort, irritability, hot flashes, and anxiety.
- The use of infertility medications can increase the risk of multiple births.

Alterations in Body System – (1)

Caring for a Newborn Who Has Necrotizing Enterocolitis

- Perform rapid initial assessment, monitor vital signs, and monitor I&O and daily weight.
- Evidence of infection includes changes in temperature, lethargy, irritability, cyanosis, bradycardia or tachycardia, and feeding intolerance, changes in stools including bloody stool.
- Place a nasogastric tube to suction air, and fluids from the stomach and intestine to relieve swelling and discomfort. Start antibiotic therapy, monitor blood tests frequently, and administer oxygen if abdominal swelling interferes with breathing.



Proctored Assessment: RN Maternal Newborn 2019

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