

Reflective Journaling Assignment

Monday, September 12, I had the opportunity to shadow a nurse at the Carle Clinic in Urbana. I was in the maternal-fetal medicine department. The nurse's role was not limited. The nurse rooms the patients and collects vital signs, performs non-stress tests (NSTs), and provides a great deal of education if necessary. A part of the experience I found extremely interesting was the telemedicine call the nurse had with a patient that I was able to sit and observe. The entire call was education being provided and I think this is a wonderful example of empowering the individual with knowledge regarding their own body.

The nurse had an hour-long virtual call with a patient who was newly diagnosed with gestational diabetes. She was educated on what risks come with diabetes and the importance of managing it appropriately. The nurse explained insulin administration and how critical it is to be compliant with medication. With the information the nurse provided to this patient, the patient felt she had control over her diabetes. With a virtual call, education techniques are limited to lectures, but this nurse was able to incorporate visual learning as well. The nurse displayed actual insulin pens as well as booklets that the patient was able to follow along with at home. The nurse recommended the patient check her blood sugar first thing in the morning and then following meals. The nurse also educated the importance of tracking carbohydrates throughout the day. The nurse made this education seem so effortless. She was a true natural; very warm, approachable, and knowledgeable. I was impressed by how well she was able to provide the educational material, even though she was nervous to take on the dietician piece because the dietician was out this day.

Each hospital has a different approach to educating expectant moms about gestational diabetes, and the training, experience, and expertise of the nurses may vary (Lee et al., 2022). With, even though expertise and resources may vary when it comes to educating a patient, I

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strongly believe if everyone took the time and passion that my nurse did to educate... no matter what the material was, the patient would go home more confident in their own body. Making patient education a priority fosters patient-centered care and improves adherence to prescription drugs and therapies. Professor Bohlen always says that the work within OB is mainly education. I proudly got a glimpse of this during this clinical rotation.

Resources

Lee, M. J., Seo, B. J., & Kim, Y. S. (2022). Why Is Blood Glucose Control Important to Self-Care of Pregnant Women with Gestational Diabetes Mellitus?. *Sustainability*, *14*(16), 9946.