

Lakeview College of Nursing  
N432 Maternal Newborn Care

Reflective Journaling Assignment:

1. Name an observation and describe the nurse's role. Provide up to three sentences explaining how this situation applies to one of the following concepts: Family centered Care, Empowering the Individual/Family, Independence to the greatest extent possible
  - a. One of the patients we saw came in for her first ever OB appointment. The patient had learned she was pregnant a few weeks earlier but was unable to get in until today. During the appointment the nurse asked the patient about the goals for delivery. This is an example of empowering the individual. Helping the patient have a plan in place empowers the patient to feel better about the overall experience of her pregnancy and the goals that she can set.
  
2. Describe a situation you experienced on this clinical day. While protecting client information, explain the role of the nurse in the situation. Five enough background information so the reader has a clear vision of the encounter. Name assessment techniques the nurse employed in this situation and provide support why these methods were chosen for this time. End this section by summarizing the recommendations the nurse provided for this client. This section can be personalized with your own reflection or reactions and may be written in first person.
  - a. On patient called the doctor complaining of contractions. The nurse instructed to patient to come to the office to be checked. 20 minutes later the patient showed up to the office and was brought back. Once the patient was brought back it was obvious the patient was contracting by the way she was breathing, and the nurse observed her belly contracting. The nurse immediately put the patient on the fetal monitor machine. The nurse did this to measure the babies heart rate and the patients' contractions. After the nurse monitored the patient, the nurse recommended the patient to go to the hospital because she was showing signs of active labor.
  
3. Follow up for #2 with supportive evidence. Find evidence that supports the nurse's action with assessment techniques OR recommendations. This section is to be written in a professional manner. Cite sources for the evidence supporting the actions of the nurse or provider. In text and reference list citation expected according to APA.
  - a. Fetal monitoring is important when the patient is in labor because it shows how the baby is responding to the labor. (Weiss, 2021) the nurse chose the correct action of doing continuous fetal monitoring so the doctor can review how the baby is handling the beginning stages of this patient's labor. The continuous monitoring also allowed the nurse to measure the patient's contraction by seeing how long they are and how far apart they are.

## References

Robin Elise Weiss, P. D. (2021, November 8). *Reading a fetal monitor can help you see how the baby is during Labor*. Verywell Family. Retrieved September 21, 2022, from <https://www.verywellfamily.com/how-to-read-a-fetal-monitor-in-labor-2758718>