

N432 Clinical Observation
Sophia James

During the Time at the Fetal Medicine clinic at Carle, the student observed an amniocentesis. The student made sure it was okay with the patient before observing. The nurse's role in this procedure was to help obtain consent from the patient, inform the patient of the procedure, and help talk the patient through any worries and concerns she had. The other room nurses helped the doctor prepare for the procedure. This observation falls under empowering the individual. This is a terrifying and severe procedure for the patient, and the nurse needs to help walk her through it.

While at clinical, I experienced an amniocentesis. This mother was getting the procedure done to find out if her baby had any abnormalities that were too extreme to move forward from. It was serious and intense for the patient and the student to witness. The nurse in this situation was responsible for the Time Out before the procedure started. She had to ensure the correct patient, correct procedure, and obtain consent. It was beneficial to see this all in action instead of reading about it in a book. During the procedure, the patient was very scared and overwhelmed, and it was highly beneficial to see how the nurse walked her through each step. The nurse, in this case, used lots of therapeutic communication while being factual about the situation. Post-procedure, the nurse stayed and talked her through her emotions which again was very good to see in person. The nurse ensured the patient had transportation, support, and a note for work due to the range of emotions she felt after the procedure. During this clinical day, I also got to educate a patient on how to use an EpiPen for a recent diagnosis of gestational diabetes. It was very nice of the nurses to allow me to do this, and it was a perfect learning experience for me to be able to interact, learn, and teach a patient.

An amniocentesis is a very scary procedure for the mother to go through. Ensuring the patient has the proper education about the procedure can help lower and reduce the anxiety she is

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experiencing. The nurse's job is to educate the patient on risk factors, possible findings, and emotional strategies to help get her through the emotionally damaging Time in her life (Mojahed et al., 2021). Psychological support is essential for the mother during this Time. Strategies such as listening to music, having family support, and talking through emotions are very beneficial to help relieve stress and anxiety (Chang, W. H., Lee, N. R., & Wang, P. H., 2020).

References

Chang, W. H., Lee, N. R., & Wang, P. H. (2020). Psychological support in pregnant women undergoing amniocentesis. *Journal of the Chinese Medical Association : JCMA*, 83(6), 586. <https://doi.org/10.1097/JCMA.0000000000000267>

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