

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

The nurse this student was following had multiple roles within the clinic. One observation this student made was the nurse ensuring the patient felt comfortable and confident in their pregnancy. The nurse empowered the individual by asking questions, addressing concerns, and explaining the care plan thoroughly.

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.

This student observed many client interactions throughout the clinical day. A situation this student experienced was a patient receiving a pessary. This client was very nervous and expressed concerns about the process. The nurse in this situation used therapeutic communication and pharmacological measures to ensure the patient was comfortable. Lidocaine was applied, and a support person was in the room to talk her through the process. The nurse recommended that this client try and relax as much as possible in the future, for the intensity she held made the process worse.

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.

Lidocaine cream is well tolerated and is effective in reducing pain during pessary placement (Taeye et al., 2017). The nurse assessed the patient's pain at baseline, removal, and insertion. Researchers have found significantly lower pain scores during the removal and insertion process of the pessary due to the lidocaine (Taeye et al., 2017). Lidocaine cream is safe for the geriatric population. Without adequate

pain control, some women may discontinue the pessary treatment and continue with surgery and all of its risks (Taeye et al., 2017).

## References

Taege, S., Adams, W., Mueller, E., Brubaker, L., Fitzgerald, C., & Brincat, C. (2017). Anesthetic cream use during office pessary removal and replacement. *Obstetrics and Gynecology*, 130(1), 190-197. 10.1097/AOG.0000000000002098