

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

This student observed a patient getting a pap smear. The nurse's role is to take background information from the client and upload it into epic. This information includes all medical history. The nurse also assists the doctor with handing over supplies when needed during the exam. The patient was overweight and a smoker. This student observed the nurse and the doctor empower the patient through education to get the resources needed to stop smoking and lose weight.

2. Describe a situation you experienced on this clinical day. While protecting client information, explain the role of the nurse in the situation. Find 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 a pregnant patient who had diabetes and not being compliant with medications. The nurse's role is to collect the patient's diabetic log and ensure the mother is compliant with medication, so the patient and baby are not at risk for complications. This patient did not get her insulin as prescribed, so this student had to check the patient's glucose for the nurse. If the doctor cannot get this patient to start taking her insulin, this could be deadly for the baby. The patient's urine was also positive for nitrates and ketones, so the nurses

suspected she had a UTI. The nurse gave education about the importance of keeping a strict diet and medication.

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.

There is no doubt about the significance of having ideal glucose management for healthy baby outcomes. These patients need information and nutritional guidance after being diagnosed. Similar management and glycemic goals apply to diabetes before pregnancy. Blood glucose self-monitoring offers early warning of developing hyperglycemia and the need for further medication, mainly if linked to faster fetal growth (Schaefer-Graf et al., 2018). A 20-week anomaly and fetal heart scans are part of the standard antenatal treatment for diabetic pregnant women's fetal monitoring (Schaefer-Graf et al., 2018). Before 38 weeks, it is not advisable to perform fetal well-being tests unless there is a concern of intrauterine growth limitation (Schaefer-Graf et al., 2018).

References:

Schaefer-Graf, U., Napoli, A., & Nolan, C. J. (2018). Diabetes in pregnancy: A new decade of challenges ahead. *Diabetologia*. <https://doi.org/10.1007/s00125-018-4545-y>