

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

During this student's clinical observation, this student witnessed four patients getting NSTs (non-stress tests). The nurse's role is to palpate the patient's stomach for the baby's position. The nurse will then apply the NST to the patient's stomach. This situation involves family-centered care by the nurse educating the patient and the support person they have with them. The nurse educates the patient and the support person about the NST before the nurse applies the test. At the end of the test, the nurse will reassure the patient that the test was successful. If two accelerations are not had in 20-40 minutes, the patient will be sent for a biophysical profile.

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 was able to see two NSTs that were not successful. The nurse handled them both the same way. The patients did not have acceleration so the nurse would give them ice water, and when that did not work, she would have them turn on their side. After these techniques failed, she got a fetal vibroacoustic stimulation device to wake the baby. This device puts off a vibration that will startle the baby and cause them to accelerate. Although this did cause one

acceleration, the second was not successful. The patient was then sent to get a biophysical profile.

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.

High-risk pregnancies require appropriate monitoring to implement prompt interventions and reduce the prevalence of perinatal morbidity and mortality. The Vibro acoustic stimulation test aims to evaluate the fetal central nervous system's reactivity and cardiovascular response (Gupta et al., 2018). The vibration causes a startle reflex in the fetus, followed by movement and an increased heart rate (Gupta et al., 2018).

References:

Gupta, O., Masand, D., & Jhahria, R. (2018). Role of vibroacoustic stimulation test in assessment of fetal well-being in high-risk pregnancy and comparison with nonstress test. *Int J Clinic Obstet Gynecol*, 2, 33-5.