

MFM Reflective Journal

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The student nurse was able to experience family centered care with a patient. With the patient being only 19 years old, she has never experienced motherhood. Ashley witnessed the nurses educating the patient whenever there were questions and making sure that the patient's support person was also educated. By including the support person, who is the patient's mother, it ensures the support person can help and support the patient properly.

The Maternal Fetal Medicine Clinic is incredibly important for the monitoring of the wellbeing of both the mother and the baby. The nurses are trained in monitoring fetal heart rates, fetal movement and interventions on promoting health, care, and educating the patients. The nurses during the clinical time monitored two patients and their babies' activity. The nurses were looking for the fetus' to meet the criteria of two accelerations in heart rate within twenty minutes.

The student nurse observed a non-stress test. The nurse walked into the room and introduced herself and the nursing student. The nurse began setting up the test by palpating the mother's stomach to identify where the fetus was. After identifying the nurse placed the fetal heart monitor on the patient's left side. The mother had claimed that the baby has been very active. The mother was comfortable for the procedure as she has been having them frequently. After the test was set up the nurse and nursing student left back to the office to watch the monitors. The nurse explained what each part of the monitoring system was for to the nursing student. After this the patient returned and was allowed to go to their appointment upstairs without the need for a sonogram.

The nurse was able to interpret the non-stress test within the 20-minute minimum with much ease. There was no need for intervention of external stimulation to make the baby more reactive. A reactive test is a good sign, and means that there are two accelerations

lasting minimum 15 seconds each. These accelerations must be 15 beats per minute above the fetus' baseline (Mayo Clinic, 2021). The baseline fetal heartrate for this patient was 145 beats per minute. The fetus had many accelerations lasting upwards of 20 seconds each at the 160-165 beats per minute range. This is the expected finding for a non-stress test.

## References

Mayo Clinic. (2021, March 23). *Nonstress test* - Mayo Clinic. [www.mayoclinic.org](http://www.mayoclinic.org).  
<https://www.mayoclinic.org/tests-procedures/nonstress-test/about/pac-20384577#:~:text=During%20the%20nonstress%20test%2C%20you>