

N432 Clinic Observation Experience

Lakeview College of Nursing

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## Reflective Journaling Assignment:

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 nursing student observed the preparation of a diabetic teaching video call. The nurse gathered necessary teaching points, which included common questions and answers, lancets, glucometer, insulin pens, insulin needles, initial dietary supplements to get the patient started on her journey, and visual aids. The nurse's role was that of an educator. Superior communication skills, superior critical thinking skills, and a solid clinical background are requirements for nurse educators. Professionals in nursing education must also possess an in-depth understanding of their specific field of instruction. The nurse's knowledge will empower the patient to become an expert in her care. One of the most empowering resources that nurses can give patients is information. Patients are more equipped to choose care alternatives when they receive the correct health information, increasing their financial and decision-making power.

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 nursing student experienced a patient with anxiety from a previous pregnancy. This patient is at high risk due to her advanced maternal age and previous pregnancy complication of preeclampsia. The patient was scheduled for a routine NST. The patient was delivered the same day a few years prior due to preeclampsia in her previous pregnancy. The patient packed a bag prior to leaving home just in case the same outcome was presented. The patient was not preeclamptic during this pregnancy and had no preeclampsia symptoms besides minimal swelling at 36 weeks' gestation. The patient's blood pressure was elevated upon her presentation-of course. The patient was connected to fetal monitoring and, in addition, blood pressure every 10 minutes. Blood pressure every ten minutes was to establish a baseline and monitor blood pressures to report to the nurse practitioner for data. The blood pressure returned remarkably after thirty minutes. The nurse practitioner in the office escalated the situation to the patient's doctor. The patient sat in the room for twenty minutes, waiting for her doctor's response. The doctor returned the inquiry with the patient leaving for home and monitoring her blood pressure three times a day but no delivery today!

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.

Your doctor will try to treat the preeclampsia before the 37-week point in your pregnancy so that you can give your unborn child as much time as possible to develop in your womb. According to Godorecci (2022), “if you have mild preeclampsia, your provider likely will put you on restricted activity or bed rest and monitor your condition with frequent blood pressure checks and blood and urine tests. Your provider also will monitor your baby’s condition through regular ultrasounds and fetal heart rate monitoring (paras. 14).” A crucial part of prenatal care is blood pressure monitoring to check for preeclampsia. Preterm birth, low birth weight, preeclampsia, and the infrequent but serious risks of maternal stroke, seizure, and death are only a few of the maternal and newborn morbidities linked to hypertension during pregnancy.

## References

Godorecci, M. (2022, January 14). *Why preeclampsia monitoring is an important part of prenatal care.*

Virtua Health. <https://www.virtua.org/articles/why-preeclampsia-monitoring-is-an-important-part-of-prenatal-care>