

Clinical Observation

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On arrival to the Carle Maternal Fetal Medicine clinic, the student was met with several nurses who were eager to educate and show the student what a day of MFM looks like. The student arrived a few minutes early, so the nurses explained what they had scheduled for the day, prepared paperwork, and cleaning of the rooms for upcoming appointments. A nurse brought the student into the room and asked permission if the student could observe an NST (Non-stress Test) of the mother and her baby. An NST is a standard prenatal test used to determine the fetus's health by monitoring the baby's heart rate and mother's contractions while the mother is at rest (Umana, 2021). This procedure applies to family-centered care by ensuring that the baby is healthy and provides reassurance to the family. It can help the provider identify issues and potential complications with the baby's health. In the clinic, by monitoring the fetal heart rate of the baby, it can allow the family to feel more involved in understanding their baby's health.

The father was present during the test, and the patient talked to the student about how she felt and the anxiety she had with her first pregnancy. The nurse asked the patient if she was experiencing any pain, nausea, or discomfort during the procedure. Once the patient was ready, the nurse applied ultrasound gel to the transducers of the NST machine and identified a fetal heart rate. Once identified, the transducers were held in place by a strap around the abdomen, and the nurse began to monitor the patient at the nurse's station. A complication arose during the NST, and the patient became very nauseated. The patient's discomfort did not go away, and she needed a higher level of care. The mother began to have more consistent contractions. The nurse providing care to this patient notified her provider and requested that the patient gets transported up to Labor & Delivery. After this patient's appointment, the nurse talked with the student and

suspected that this patient might go into labor due to the clinical data we observed. During the student's visit, it was unknown if this patient went into labor.

References

Umana, O. D. (2023, February 19). *Prenatal Nonstress Test*. StatPearls - NCBI Bookshelf.

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