

Lakeview College of Nursing
N432 Maternal Newborn Care
Clinic Observation Expectations

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**

During this student nurse's clinic observation in the Danville women's health department there were several dynamics which were observed. The department serves pregnant women, women seeking care for their specific needs like annual pap smears, birth control and medication refills. The nurse did assist with in office tasks while the CMA was rooming patients. The nurse was the main educator and served as the voice of the provider when tasks needed to be addressed with patients. This was mostly done over the phone, unless the patient presented to the office for a nurse visit. The education provided online and over the phone gives patients more independence as well as allowing them to stay at home rather than present to the office for an appointment.

- 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.**

The most interesting thing from my time at the women's health clinic was a patient presented to the office after a visit to the emergency room for lower abdominal pain. While in the emergency room she has a CT scan of her abdomen and pelvis with contrast. It was determined from that scan she had a mass in her pelvis the size of a grapefruit, which was in the area of her right ovary. Before her office visit the provider ordered a few laboratory test to be done to help determine the course of treatment. While the patient was in the office the provider recommended the patient have a pap smear and pelvic exam since she was a poor historian and there were not current records of her last pap smear. According to Ricci et al. (2021), the Papanicolaou (Pap) test is a technique used to get cells from the cervix to be sent to the laboratory for further screening under the microscope. This was done to rule out the possibility that the mass had spread from her cervix to her ovaries.

- 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.**

Based on the CT scan results, the pelvic exam and one of the results of the blood work that was ordered prior to office visit the provider was highly suspicious the patient was dealing with an ovarian neoplasm as opposed to cervical neoplasm. According to Ricci et al. (2021), "ovarian cancer is a malignant neoplastic growth of the ovary" (p. 267). Cervical cancer is the most common cause of cancer death in women. (Ricci et al., 2021). With one of the diagnostic lab tests back, CA-125, which was elevated at 37 units/mL and the patient having significant weight loss the provider recommended the patient be seen by oncology for further recommendations on how to proceed while waiting for the alpha-1 fetoprotein results to come back. This was due to when ovarian cancers are found it is usually in the later more advanced stages. According to Van Leeuwen & Bladh (2021), is most commonly used to monitor the progression of ovarian cancer or determine if it has reoccurred and alpha-1 fetoprotein levels indicate the cancer site is located in the reproductive organs.

References

Ricci, S. S., Kyle, T., & Carman, S. (2021). *Maternity and pediatric nursing* (4th ed.). Wolters Kluwer.

Van Leeuwen, A. M., & Bladh, M. L. (2021). *Davis's comprehensive manual of laboratory and diagnostic tests with nursing implications* (9th ed.). F.A. Davis Company