

Lakeview College of Nursing

N432 Maternal Newborn Care

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

When a patient came into the clinic for a prenatal visit, she and her husband shared concerns for vaccines during and after the pregnancy because the patient realized she had developed a previously nonexistent fear of needles during the pregnancy. The nurse examined the patient's chart and explained to the patient that she was nearly due for a Tdap renewal, which can be given during pregnancy. The patient asked if she could wait until she was no longer pregnant out of hopes that she would lose her fear of needles by then, and the nurse explained to her that this was perfectly acceptable if the patient understood the implications of getting versus not getting the vaccine. In doing so, the nurse both empowered and provided independence to the patient, as she encouraged her to make her own decisions and helped her to realize she was fully correct in doing so.

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 South Clinic is rather uneventful as compared to MFM, though there was an event which could have been serious had it been true – The nurse took a manual blood pressure and read it as 160/70. This caused anxiety for both the nurse and the patient, though the nurse assured the patient that this may be inaccurate and that she should take a few moments to relax before the nurse retook it. Before guiding the patient through slow/relaxing breathing, she asked whether the patient was experiencing symptoms of hypertension, such as blurred vision and headaches, which the patient declined. The nurse completed a focused cardiovascular assessment by assessing for the presence of neck vein distension, auscultating the heart, palpating pulses, and checking for edema – All of which were normal. These were chosen to determine whether an abnormal heart rhythm was present and if fluid overload was contributing to high blood pressure. The nurse then initiated the relaxation process, which lasted for about five minutes before the nurse retook the blood pressure and got 122/70. The nurse concluded that she may have pumped the cuff too high and caused a false reading, though she still advised the patient on symptoms to watch out for in case of true hypertension.

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.

The nurse's cardiovascular assessment is directly outlined piece-by-piece on page 417 in Hogan-Quigley et al.'s (2022) textbook on health assessment. It lists each action the nurse performed in a head-to-toe fashion, and page 421 explains how these assessments may relate to fluid overload (Hogan-Quigley et al., 2022). Likewise, Capriotti's (2020) textbook on pathophysiology explains how these assessments correlate with hypertension, being that the heart must pump harder (thus,

raising the blood pressure) in order to effectively pump greater volumes of fluid. The presence of fluid overload may also be directly observed through the skin as edema, as the increased fluid pressure causes the excess fluid to leak into and settle in the extracellular space (Capriotti, 2020).

References

Capriotti, T. (2020). *Davis advantage for pathophysiology: Introductory concepts and clinical perspectives* (2nd ed.). F.A. Davis Company.

Hogan-Quigley, B., Palm, M., & Bickley, L. (2022). *Bates' nursing guide to physical examination and history taking* (3rd ed.). Wolters Kluwer.