

Lakeview College of Nursing
N432 Maternal Newborn Care
Clinic Observation Expectations

You must notify your clinical instructor at least an hour prior to the start of clinical at 7:45 am. You can text my cell phone number or send an email.

Review the chapters in the book on normal pregnancy development and prenatal care prior to this observation experience. This will help you prepare so you have an awareness of the types of patient encounters within the clinic setting. Communication is important and professionalism is expected in all interactions whether with clients, visitors, clinic staff, or providers.

The Carle Maternal Fetal Medicine clinic is located at 602 W University Ave., Urbana. This is the South clinic so south of University Avenue. You will need to plan ahead and arrive at the Fairgrounds no later than 7:30 am and catch the South Clinic shuttle rather than the Main hospital shuttle. You will be dropped off at the front door of the South Clinic. Take the elevator to the 2nd floor to the Maternal Fetal Medicine clinic. You must be at the clinic no later than 7:45 am and check in with the staff at the front desk upon arrival. The nursing supervisor is Kathryn Lowe RN. You will be assigned to be with the nurses, possibly MOA's, and providers. Professional behavior of students is expected at all times. The Observation experience ends at 12:45 pm. Before you leave you must have the RN whom you are following fill out and sign the evaluation form, put it into the envelope and seal it, then give it to you to bring back to the college at the next class period along with your evaluation of the preceptor.

This is a clinical experience so if a student misses any part of the assigned experience, it will count as a clinical absence and will be handled according to statements within the course syllabus and/or College of Nursing Student Handbook.

You will be required to complete a reflective assignment aligned with clinical competencies which will be due at 11:59 pm the **second** day after this clinical experience. Your assignment is to be a minimum of 1 page written in proper APA format and is to be in WORD and submitted to the drop box.

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 saw how the nurses do the nonstress test on pregnant women. During the nonstress test, the nurses monitor the fetal and the mom's heart rate. This concept falls on empowering the individual/family because by doing this test, the mother and the family can determine how the mom and the fetus are doing. The MFM clinic can

empower the mom to care for herself better because she can understand where she is during the pregnancy and how her baby is doing.

2. Describe a situation you experienced on this clinical day. While protecting client information, explain the role of the nurse in the situation. Provide 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 MFM clinic was a great place where this student nurse got to observe how patients' personal information gets protected by the nurses there. One case this student nurse got to watch was this mom who came in with mental health issues. At first, when entering a room, the nurse asks for the patient's name and date of birth to make sure it is the right patient. The nurses and the NP used therapeutic communication to calm the patient and comfort her. The nurse suggested the patient drink water and tell the nurse what is bothering her.
The nurses recommended the patient explain what was going on with her. I believe the nurses did a great job calming the patient. The nurse suggested that the patient drink some water and sit down to relax because the patient had difficulty talking and was out of breath. I didn't see the whole thing due to the NP taking over, and the team didn't overstimulate the patient.
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.
 - Mental health problems can seriously affect the mother and the unborn child throughout pregnancy and after delivery. Maternal mental health is receiving much-deserved attention and significantly impacts outcomes for both mothers and their children. Only one-third of women who had a diagnosable mental disorder at their initial prenatal visit had any interaction with mental health services during their pregnancies or in the first three months after giving birth (Ghahremani et al., 2022). It is necessary to conduct more studies to learn perinatal women's perspectives on potential obstacles to receiving professional mental health care. The core treatment algorithms, including when to refer to

specialized care, should be understood by obstetrical physicians (Ghahremani et al., 2022).

Reference

Ghahremani, T., Magann, E. F., Phillips, A., Ray-Griffith, S. L., Coker, J. L., & Stowe, Z. N. (2022). Women's Mental Health Services and Pregnancy: A Review. *Obstetrical & gynecological survey*, 77(2), 122-129. <https://doi.org/10.1097/OGX.0000000000000994>