

N432 Reflective Journal

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N432: Maternal-Newborn Care

Professor Bohlen

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Reflective Journal

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.
2. Describe a situation you experienced on this clinical day. While protecting client information, explain the role of the nurse in the situation. Give 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.
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.

Today, I went to the obstetrics and gynecology clinic (OB/GYN) and learned what a registered nurse does in the clinic. I learned in the clinic that the registered nurse is supposed to make/return phone calls, respond to patient messages on their chart, make appointments, provide education on what to do before and after a procedure, and help with whatever the providers may need. Doing these tasks as a nurse allows the nurse to empower the patients and their families. This is because the nurse provides education and answers patient's or family members' questions that they may have. Doing so allows the individuals to leave the doctor's office with the empowerment of knowing what is going on and how to better their care. During my time in clinical, I watched the nurse take phone calls and respond to messages during her shift. I also got to watch the nurse provide education on a pre-operation appointment regarding a dilation and curettage (D&C) scheduled for the following day. A D&C is sometimes used after a miscarriage to remove the uterine lining contents (Mayo Clinic, 2021). We had to utilize a translator for that appointment as the patient was Spanish-speaking and did not understand English. The nurse educated the patient by providing what she should and should not do twelve hours before her D&C. This consisted of not eating after midnight, washing her body thoroughly, taking out her jewelry, and not taking any medications the day of the procedure. The nurse educated the patient on what to expect during the procedure and instructed her to rest and hydrate after the procedure. I then got to go to maternal-fetal medicine for an hour to watch a fetal stress test. A fetal stress test is "an indirect measurement of uteroplacental function" (Ricci et al., 2021, p. 403). The fetal heart rate will be recorded to look at the accelerations that happen with the fetus's heart rate when there is fetal movement (Ricci et al., 2021). With the nurse, we went to see the patient and put monitors on her stomach to monitor the fetal heart rate. Once we saw three accelerations during the test, we took the patient off the monitor and sent her home as she passed the stress

test. Overall, I had an excellent day observing the OB/GYN clinic nurse and learned more about what to expect as a clinic nurse and what goes on inside the clinic.

References

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

Kluwer

Mayo Foundation for Medical Education and Research. (2021). *Dilation and curettage (D&C)*.

Mayo Clinic. [https://www.mayoclinic.org/tests-procedures/dilation-and-curettage/about/](https://www.mayoclinic.org/tests-procedures/dilation-and-curettage/about/pac-20384910#:~:text=Dilation%20and%20curettage%20(D%26C)%20is,after%20a%20miscarriage%20or%20abortion.)

[pac-20384910#:~:text=Dilation%20and%20curettage%20\(D%26C\)%20is,after%20a](https://www.mayoclinic.org/tests-procedures/dilation-and-curettage/about/pac-20384910#:~:text=Dilation%20and%20curettage%20(D%26C)%20is,after%20a%20miscarriage%20or%20abortion.)

[%20miscarriage%20or%20abortion.](https://www.mayoclinic.org/tests-procedures/dilation-and-curettage/about/pac-20384910#:~:text=Dilation%20and%20curettage%20(D%26C)%20is,after%20a%20miscarriage%20or%20abortion.)