

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 the clinical at 6:45 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 on the 2nd floor of the South clinic. The OB/GYN department is located on the 4th floor of the South clinic. You will leave after preconference at the hospital to go to your assigned observation site 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 for Maternal Fetal Medicine. Carley Inboden RN is the nursing supervisor for the OB/GYN department. You will be assigned to be with the nurses, possibly MOA's, and providers.

Professional behavior of students is always expected. The Observation experience ends at 12:15 pm, you will then return to the hospital for a post conference. 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 i.e. Saturday at 11:59 pm. 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

An observation I made during my clinic experience involves a blood pressure check for a patient with preeclampsia. The nurse checked the patients' blood pressure and compared the reading to the patient's home blood pressure device. The nurse also provided education to reduce risk such as less sodium in the diet and monitoring for signs or symptoms of worsening preeclampsia. This promotes empowering the individual to provide care to herself. This also promotes independence to the greatest extent possible by allowing the patient to check her own blood pressure, monitor her symptoms, and make changes to improve her status such as diet modifications. The nurse was very informative, and the patient seemed to appear more confident and comfortable with her care and expectation.

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.

I was able to experience a C-section teach that the nurse provided to a returning patient. This patient has had a C-section before so had some previous knowledge of the process. However, the patient had complications previously that led to a C-section. This delivery was a planned C-section, so the patient was informed prior and stated that she "felt better" having this information provided. The nurse instructed the patient to

become NPO by midnight, do not shave prior to admission, instructed the patient to drink an ensure before midnight, provided soap for the patient to prepare the skin for surgery, and to arrive early for admission. The nurse instructed the patient to remove all jewelry prior to admission as well. The nurse ensured to give proper instructions and process before the C-section to provide comfort and support to the patient along with her needs and concerns. The nurse implemented therapeutic communication by listening to the patient's concerns and providing comfort measures to move forward. I think this was a very informative experience because I was able to watch the nurse provide appropriate information while also ensuring the patient felt confident and heard.

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 instructed the patient to be NPO prior to surgery, do not shave before surgery, use certain soap provided in the shower, arrive early, and remove all jewelry prior to admission to the hospital for a scheduled C-section. These are all important parts of preparing for a scheduled C-section. The patient must be NPO to prevent aspiration, also not shaving and using specific soap that was provided are both safety measures to cleanse the skin and reduce increased risk of infection (University of Iowa, 2023). These are universal expectations when preparing for a C-section. An article posted by University of Iowa Hospitals and Clinics states that the patient should do all of the tasks listed above (University of Iowa, 2023). The patient should not eat food 8 hours prior to the scheduled time of arrival, and this includes any food given via NG tube or feeding tube (University of Iowa, 2023).

Resources:

University of Iowa. (2023). *Pre-operative instructions for women having a planned cesarean (C-section)*. University of Iowa Hospitals & Clinics.

<https://uihc.org/educational-resources/pre-operative-instructions-women-having-planned-cesarean-c-section>