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N432 Maternal Newborn Care

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2/22/2024

Reflective Journaling Assignment

The nurse providing care within an OBGYN clinical office setting encounters a multitude of patients that are experiencing numerous healthcare needs provided specifically for the patient's gynecological aspect of healthcare. Providing care for a first-time mother during her entire pregnancy is not only focused on the care being provided for the mother and fetus but the entire family. The nurse has the role of providing everyone directly involved with the pregnancy in depth information and answers to any questions to better assist the family to understand each step of the process and their role including changes that are being made within their family aspect, this is extremely important to the family unit. Ensuring that everyone's needs are being met and that they understand the process taking place is not only important for that support person, child, parent, or significant other but it is important for the mother and fetus assisting in their ability to thrive through the process that is shaping their new family dynamic.

A first-time mother and her husband visited the office for an appointment and the nurse's role was to explain the cesarean birth process and answer any questions that that mother and father needed clarification on while educating them on the process they would experience. The nurse provided visual information that provided written directions of what time to stop eating

and drinking the night before, what time to arrive at the hospital with a map of the location she will need to report to, and the time that the surgery would begin. The nurse provided in depth information of the patient's role while receiving her spinal and explained to the father that he will gown up and wait in a room while everything is prepared by the surgical team while also reassuring him that he in fact will not be forgotten even though it will feel that way due to the length of the preparation time of the surgical team and his wife. The nurse provided educational information including the process of the cesarean procedure once it begins including anesthesia specifics and ensured the patient that the anesthesiologist stays right beside her during the entire process monitoring her pain and vitals. Once the baby is born the skin-to-skin process will be utilized during the about forty-five-minute time frame that the surgeon will need to properly close the patient's incision area. The nurse explained in detail the process that occurs during the closing of the incision area and what to expect during the healing process in depth including the signs and symptoms of complications that may occur during the healing process and who to contact if that situation arises. The nurse provided a time at the end of the conversation for the mother and father to ask any questions or to express any concerns that they have concerning the patient's current stage of pregnancy or the scheduled cesarean procedure. The nurse participated in the planning phase of the nursing process during a patient's assessment and provided her with in-depth information in preparation for each step of the cesarean process. I personally was impressed by the nurse's ability to explain a step-by-step breakdown of the patient's anticipated surgical process in terms that allowed the patient and her husband to completely understand. The nurse provided the patient with cleanser that is utilized the night before and the morning of while explaining the importance of sleeping in clean pajamas on clean sheets with no pets allowed in bed this was to assist in the prevention of infection. The nurse also provided the patient with a

clear Ensure to drink two hours prior to her arrival time to assist in the body's preparation for surgery and a healthier recovery process. The nurse ended the process by explaining that the client will have steri strips that will assist in keeping her surgical wound closed during the healing process and explained that the surgeon will stitch her wound from the inside out allowing stitches to absorb from the inside. The nurse also explained that the patient may feel a small knot at the end of her wound once healed and not to be concerned because that location is where the surgeon has tied the end of the stitching material into a knot. The nurse definitely changed my outlook when considering a profession within the obstetrics department or an office position in nursing because of the nurse's ability to offer educational information and care that will assist the patient and the patient's family with a successful experience.

The expectation of a patient's care provided during a scheduled Cesarean birth includes a plan of care providing focus to the client and family during the pre-admission, surgery, and the post operation phases. The preadmission phase provides education to the patient and family including the reason for surgery, review of the birth plan, review of the procedure and post op expectations, demonstration or a discussion of equipment utilized, and information provided for a physical or virtual tour of the hospital obstetric floor. The surgery phase is reviewed and includes the expectations, anesthesia utilized during the procedure, and equipment being utilized during surgery. The postoperative phase provides education for diet, lochia, incision care, infant care, breastfeeding, activity restrictions, follow up appointments, and any signs that may require the patient to contact their primary care provider or emergency room. During these phases it is the nurse's responsibility to be vigilant and assess not only the patient but the family support system as well to ensure that if it is inadequate the proper staff members are contacted to assist the patient and family. Each phase provides the patient and the family with the education needed

to experience a successful cesarean birth and assist with alleviating anxiety during a very emotional time for mother, newborn, and the family unit (Ricci et al., 2021).

Resources

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