

Lakeview College of Nursing
N432 Maternal Newborn Care
Clinic Observation Expectations

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**

There was a patient who was getting induced the next day because her baby was measuring too small. The patient was coming in to get monitored to see the baseline fetal heart rate. The mother was nervous because she was only 32 weeks gestation and was worried about the experience. The nurse did a great job of empowering the mother. She reassured the mother that Carle Labor and Delivery had some of the best doctors and team she has been a part of. She empowered the mother by giving her confidence that her birth experience would be normal even though her circumstances were different than what the mother envisioned for herself. She empowered the father of the baby and gave him some information, tips, and tricks that he could use tomorrow to help his wife get through this tough obstacle that she was about to face. She empowered both by giving them statistics about how many babies thrive even when they are born pre-term.

- 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.

A mother was diagnosed with gestational diabetes and needed a teacher of proper diet and insulin use if that was offered to her. The nurse's role in this circumstance was an educator for the patient. The nurse started the encounter by asking what the patient knew about gestational diabetes. She then discussed the different diets the patient should follow to help get her sugars under control. She went through each mealtime and discussed how many carbs the mother should consume. She went through a pamphlet about low-carb foods to meet the goal daily. The patient was not prescribed insulin, but the nurse went over it just in case the patient would be prescribed it. She went over both types of insulin. She showed how the dial worked and how the needle would be placed in the stomach at a 90-degree angle. She demonstrated this by getting a fake belly and following the steps twice. She then recommended that the patient take little walks throughout the day to help reduce her sugars. She also educated the patient about a video she would receive from the office explaining all the education she was receiving. She gathered papers for the patients with different pamphlets so the patient could read up on her diagnosis. The nurse used verbal techniques and asked questions to assess what her patient knew about her diagnosis. She also used a hands-on method to physically show the patients the steps she would do at home. She gave the patient illustrations and a sample menu she could follow. She recommended that the patient follow the diet and read through the pamphlets. The

chosen types of education were because the mother had many questions, and the nurse felt like this would help further her education even when the mother was at home. The nurse did an excellent job of being patient and giving the mother time to ask. I learned much about educating a patient calmly by observing the nurse and how gestational diabetes can be treated with diet or insulin. I sat and listened to the steps the mother would have to take once she left the office.

- 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 recommended that the mother take little walks to get exercise to help lower her blood sugar. Walking while pregnant or engaging in physical activity helps reduce blood glucose sugar levels (Jasinski, 2022). The nurse also recommended monitoring how many carbs the mother consumes because that is one of the significant factors raising the mother's sugar. If a large amount of carbohydrates is consumed in one sitting, the blood glucose will cause the sugar to rise quickly afterward (Jacobson, 2023).

References

Jacobson, J. (2023, April 1). *Gestational diabetes*. MedlinePlus.

<https://medlineplus.gov/ency/article/007430.htm#:~:text=Try%20to%20avoid%20eating%20simple,Enjoy%20lots%20of%20them>.

Jasinski, A. (2022, July 18). *The role of exercise in improving gestational diabetes outcomes*.

diaTribeLearn. <https://diatribe.org/role-exercise-improving-gestational-diabetes-outcomes>