

Lakeview College of Nursing
N432 Maternal Newborn Care
Clinic Observation Expectations
Jessica Warren

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
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.

1. Today, I observed the nurse providing education via a provider video visit. Typically, the nurse would educate on what gestational diabetes is, the risk factors associated with gestational diabetes, the types of insulin given if needed, how to monitor blood sugar levels, and the administration of insulin. However, since the nutritionist wasn't available today, the nurse also went through what food and drink items were best for those with gestational diabetes. The nurse also educated the patient how to pair the carbohydrates with a protein to balance out insulin levels in the body. Providing this education in the convenience of the patient not having to leave their home provides excellent flexibility for those who may not have a way to get to all of their appointments at the clinic. The nurse educating this patient today empowered the patient by providing the education she needed regarding gestational diabetes and allowed her to make an informed decision about her care and treatment.

2. The patient who was educated about gestational diabetes was verbally reluctant to want to take insulin and wondered why she wasn't able to take metformin since she was going to have a cesarean section on 3/10. The patient stated she didn't understand why the doctor made such a big deal. With one week left to go, the baby would be here. The nurse explained why insulin was preferred over metformin and asked her why she was reluctant to take the insulin. The patient stated she doesn't like needles. The patient also stated she couldn't stand the thought of giving herself a shot multiple times a day when there is a pill out there that does the same thing. The patient also stated that her blood sugars have been fine and they are in the normal ranges, so why would I need to give myself insulin? The nurse went through the steps of fasting blood sugar and said that the levels we may deem "normal" do not apply to gestational diabetes. The nurse directed the patient to the folder she received in the mail from the clinic and showed her what booklet to look at to see the safe ranges of her blood sugars concerning gestational

diabetes. After this education, the patient realized she wasn't taking her blood sugars correctly and now knows how to do it correctly. The patient also realized what could happen to her baby if she didn't stay on top of the blood sugars even with only a week left before her cesarean. The patient was using her knowledge of Type II DM as to why she didn't want to take insulin and felt her blood sugars were not too high to need insulin. After the patient was educated on this information, she decided she would speak with the doctor a couple of days after she had fasted correctly to see if she would still need insulin.

3. The nurse educated the patient on gestational diabetes, the glucose ranges with gestational diabetes, and recommendations on food options to help assist with diet-controlled insulin levels. Gestational diabetes is caused by high levels of glucose circulating in the mother's blood, which is related to hormonal changes and changes in how the body converts food into energy (Cleveland Clinic Staff, 2022). Eating habits are a contributing factor but not the only factor. In patients with gestational diabetes, the placenta blocks the mother's ability to make insulin to maintain the correct amount of insulin in the blood (Cleveland Clinic Staff, 2022). Glucose ranges vary based on if it is fasting, if it is taken one hour after eating, or two hours after eating. After eight hours of fasting, the blood glucose value should be below 92 mg/dL, taken an hour after a meal should be below 180 mg/dL, and taken two hours after a meal should be below 153 mg/dL (Babylist Staff, 2023). The nurse educated the patient to eat every two to three hours when awake, start on the lower end of carbohydrates in the morning, and build up to a higher carbohydrate level as the day progresses. The nurse recommended 15 grams of carbohydrates at breakfast, 30 grams of carbohydrates at snack time, 30-45 grams of carbohydrates at lunch, 30 grams of carbohydrates at snack time, 45-60 grams of carbohydrates at supper, and 30-45 grams of carbohydrates at the bedtime snack. The nurse recommended that

the patient eat protein with carbohydrates to slow the body down from absorbing glucose into the blood and prevent a sudden spike in blood sugar.

Sources

Babylist Staff (2023, September 11). *Everything to know about taking a gestational diabetes test every pregnant person takes a gestational diabetes test. Here's what to expect and how to prepare for it.* [https://www.babylist.com/hello-baby/gestational-diabetes-test?](https://www.babylist.com/hello-baby/gestational-diabetes-test?utm_source=bing&utm_medium=paid-search&utm_campaign=Content-Bing&utm_content=kwd-71262886781327:loc-190&b_adgroup=gestational%20diabetes&b_adgroupid=1140194510325507&b_adid=71262332237136&b_campaign=Content-Bing&b_campaignid=370467726&b_isproduct=&b_productid=&b_term=gestational%20diabetes&b_termid=kwd-71262886781327:loc-190&msclkid=1913ae8cb40f19ccbf1bcb6f6171dcd0&utm_term=gestational%20diabetes)

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