

## Clinical Observation

During my experience at the maternal fetal medicine clinic, I learned a lot about what they do and the roles of the nurses. The nurses use nursing procedures of thorough patient assessment, creation and execution of nurse care plans, patient education, and ongoing evaluation to provide direct and indirect patient care to clinic patients and their families. They also work with high-risk pregnancies and teach the mother and the family how to deal with this kind of situation. For example, while I was there, I witnessed patients come in who had gestational diabetes and I got to observe how the nurse taught them how to take their blood sugar and explained to them what a good blood sugar is and when they needed to come back in. This allows the patient to not only be independent, but it also allows them to feel empowered in their own pregnancy. During these situations the moms tend to feel scared and reliant on the nurses and the providers but when they know how to take control of their own situation, it helps them feel more comfortable about their situation.

While I was at the maternal fetal medicine clinic, I got to see multiple nonstress tests. One patient came in who had intrauterine growth restriction. During the performance of the nonstress test, the nurse performed the Leopold maneuver to find where to hear the baby's heartrate and then put two monitors on the stomach of the patient while the patient laid on one side. During this, the nurse explained to both me and the patient that one of the monitors tracks the baby's heartbeat and movement, and the other records the contractions of the mom if they are having any. After the nurse placed the monitors, she explained that the monitors would be in place for about 20-40 minutes depending on how long it takes to see two good accelerations from the baby's heartrate. Upon going back to the nurse's station, we monitored both the patient and

the baby. The nurse explained to me that the Leopold maneuver was a noninvasive way of determining the position of the baby in the uterus. After the nonstress test was performed, the nurse told the patient that the baby looked great and that the baby had two good accelerations regarding heartrate.

The Leopold maneuver is defined as a non-invasive method of determining the size and position of the unborn child. The fundal grasp, the umbilical grip, Pawlik's grip, and the pelvic grip are the four techniques. In order to assess the size and position of the developing baby inside the uterus, skilled medical professionals palpate—or examine by touch—the pregnant woman's abdomen during these procedures in the latter stages of pregnancy (Verywell Family, 2022).

## References

Scully, S. (2022, December 15). *What are leopold's maneuvers?* Verywell Family.

<https://www.verywellfamily.com/what-are-leopold-maneuvers-5180308>