

N432 Clinic Observation Experience

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N432: Maternal-Newborn Care

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The Maternal Fetal Clinic specializes in high-risk pregnancies for mother and baby. The healthcare team achieves this with diagnostic testing, counseling for medical conditions (ex., gestational diabetes, lupus, carrying multiples, etc.), and ultrasounds. The nurse had a “new patient” appointment. She had a patient who had a new onset of gestational diabetes. The nurse was empowering the individual by thoroughly educating her on it. The nurse explained what it is, how to manage it, and possible complications if treatment is not followed correctly. The nurse was very knowledgeable and answered all the patient’s questions while utilizing therapeutic communication to make her feel more at ease.

At the clinic, non-stress tests are the primary tool to monitor the baby’s heart rate and movements. The patients were comfortably positioned in semi-high fowlers, and ultrasound sensors were placed on their abdomens. The sensors pick up the fetal heart rate and any uterine contractions the mothers may be having. The test typically lasts 20 minutes but can last longer if there is a possible concern. The nurse watched the baby’s variability and accelerations throughout the test to ensure the baby was not experiencing distress. I watched the nurse conduct four of these; each woman was of a different race and age group. Despite their background, the nurses treated each one with the same level of respect, compassion, and kindness. She made personable connections with all of them; you can tell she genuinely cared. Even though that should be expected of healthcare workers, that is not always the case. It was reassuring to see that, especially during these women’s vulnerable moments. I enjoyed my time spent with nurse Jennifer. Jennifer employs empathy, attention to detail, and integrity in her work. That is important when caring for others. Jennifer’s recommendations to the patient’s were not leave without having all their questions answered. She encouraged open communication throughout each appointment.

One of the patients was not having any fetal movement during the non-stress appointment. The monitor picked up the heart rate but was not increasing with the mother's movement. This is not necessarily bad, but the healthcare team must confirm that this is due to the baby sleeping rather than a lack of oxygen (MedlinePlus, 2021). The nurse woke up the baby using an acoustic device. It makes a buzzer-like noise and does not harm the baby (MedlinePlus, 2021). The nurse did not have to use it long to get the baby to wake up and move. Once she did this, she returned to monitoring the baby's variability and accelerations. Everything was okay, and the nurse practitioner signed off on it.

References

MedlinePlus Staff. (2021). *Nonstress test*. National Library of Medicine.

<https://medlineplus.gov/lab-tests/nonstress-test/>