Postpartum Clinical Experience Summary- Tracy Donaldson

On Thursday, July 11, 24, at the Postpartum Department of Carle Foundation in Urbana, Illinois, I had a pleasant and educational clinical experience. The first patient was a 35-year-old woman who had previously had three cesarean sections; the second was a mother who was 18 years old; and the third, who I was unable to see in the room, was a victim of sexual assault. The 18-year-old second patient, a first-time mother, will be the subject of this synopsis.

The risk of deficient knowledge was the nursing diagnosis I prioritized for this patient (Phelps, 2021). Based on her age and learning style, as evidenced by her inaccuracies in following instructions, I think this nursing diagnostic suits this patient (Phelps, 2021).

Three nursing interventions support the nursing diagnosis that the patient is at risk for deficient knowledge. First, the patient and their support person should be taught in a calm, private setting (Phelps, 2021). Distractions should be eliminated from the setting so that the patient and the support person can learn more efficiently (Phelps, 2021). This will be beneficial because the baby's father and mother both appeared to require further guidance and assistance. Second, to improve learning, a respectful and mutually trusting atmosphere is necessary (Phelps, 2021). For the patient to open up more quickly, she must understand that there is reciprocal trust. Finally, the patient's degree of knowledge is evaluated to ascertain whether the patient needs reinforcement of prior knowledge or basic information as the third intervention (Phelps, 2021). Given the mother's youth and obvious naivety, additional education might be required.

The patient and support person stating their understanding of all they have been taught in a calm, private situation would be the evaluation of the first nursing intervention (Phelps, 2021). The patient will exhibit motivation to learn, which is the assessment of the second nursing diagnosis of the mutually trustworthy environment (Phelps, 2021). The final diagnosis, which

determines whether the patient needs knowledge reinforcement, is that the patient indicates a desire to overcome their lack of understanding and consent to further instruction being provided as needed (Phelps, 2021). The ultimate goal for this patient is to have enough information to care for their newborn when she and her support person depart the hospital.

One could characterize the patient's culture as that of an American teenager. Her significant other was more preoccupied with his cell phone than figuring out how to carry or feed the infant, and she came across as very gullible. Two cultural preferences expressed by the patient were that she wanted to regain her pre-pregnancy weight and that she was waiting for her mother to help her with inquiries about her discharge from the hospital. The patient expressed her immense pride in her child and mentioned that her partner had no prior experience raising a child. They both appeared to be unaware of the responsibilities that face them.

The day of the postpartum clinical was quite relaxed. Compared to the labor and delivery floor, this floor appeared to be far more laid-back, and even though it was crowded on the floor, there was little hurry or sense of urgency. I was following a very nice travel nurse who was willing to have a student nurse accompany her.

My sympathy for the victim of the sexual assault was one thing that made me step outside my comfort zone. While most days spent in the postpartum unit are probably enjoyable, some patients may not have a pleasant experience at all. I can see that not all days are good days.

The entire healthcare staff worked together and coordinated well, and everyone collaborated with ease. The charge nurse collaborated effectively with the team to allocate patients and provide a daily update at the start of the shift. Everything went quite smoothly overall for everyone.

References

Phelps, L. L. (2021). *Nanda international nursing diagnoses: Definitions & classification, 2021-2023* (12th ed.). Thieme.