# Clinical Experience Summary

This report will be a minimum of 2 pages in APA format. Each question needs to have a minimum of one paragraph response. In-text citations should be utilized. Use your textbook, the internet, and other scholarly resources to assist with in-text citations.

1. **What is the priority nursing diagnosis for your patient? Why did you choose this diagnosis? (5 points)**

The priority nursing diagnosis for my patient is labor pain related to the administration of oxytocin as evidenced by the mother's increase in uterine contractions, grimacing facial expressions, and the patient stating that she is "uncomfortable" (Phelps, 2023). This diagnosis was chosen because it appears that the mother may not have been educated well about the use of oxytocin to induce labor and how this medication increases both the rate and intensity of contractions. When asked if she and her husband had plans for any non-pharmacological ways to manage her labor pain, they stated that they "had not really thought about that" and they did not attend any prenatal education classes about pain management. Therefore, this mother may become more anxious and start feeling out of control as her contractions continue to intensify throughout the day. If this happens, it can cause her to feel more pain during labor and make the delivery process more difficult for her.

2. **Identify 3 nursing interventions supporting the nursing diagnosis? Explain what these interventions are and why they should be completed. (15 points)**

One nursing intervention to really help this patient with her labor pain is to educate her on non-pharmacological methods of managing her pain. She could be taught about slow, deep chest breathing to help create a sense of relaxation during contractions (Phelps, 2023). She could also have her husband provide a therapeutic touch such as massaging her lower back to help relieve pain or use warm compresses on her back or perineal area to promote vasodilation and relaxation (Durham et al., 2023). Other non-pharmacological methods could involve listening to calming music or even aroma therapy (Durham et al., 2023). It is really important to teach the patient non-pharmacological ways to manage pain because it can help her feel more in control during her delivery process and having these techniques to fall back on can lower her anxiety. Another nursing intervention to help labor pain is to help the mom with changing her position and using pillows to support that position (Phelps, 2023). At times the mom may be more comfortable laying on her side with a pillow between her legs, other times she may want to get up and walk around or lean over onto a pillow. Allowing the mom to listen to her body and adjust herself to more comfortable positions is an important part in managing labor pain. A final nursing intervention that can help address labor pain is to provide diversional activities to help distract from the pain (Durham et al., 2023). This could involve many different things including watching a movie, doing a puzzle, talking with family and friends on the phone, or

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doing something as simple as squeezing a stress ball (Durham et al., 2023). Diversional activities are an important intervention that should be completed because it allows the mother to try and focus on something else other than her pain. It is said that a great deal of the labor process is a mental battle and providing the mom with stimulating activities can reduce the amount she thinks about the pain she is feeling.

3. **What was the evaluation of each of the previously identified nursing interventions? (10 points)**

Because this new mother stated that she had not spent a lot of time thinking about non-pharmacological pain management, a lot of time was spent educating her on the various things she could do to help manage her pain. She was very open to trying different breathing techniques and was eager to look up some video demonstrations on her phone. She also stated that she likes to take warm showers at home to relax, so she would be open to trying warm compresses on her back as well. The patient was also encouraged to change her position to however was most comfortable. She stated that she was feeling a little tired so she was assisted into a side lying position and extra pillows were placed around her for additional support. She was also given an extra warm blanket and this seemed to make her more comfortable for a bit. Lastly, she was also very open to the diversional activities that the nurse had suggested. The mother found a show she enjoys on tv and asked for an exercise ball to sit and move around on as a distraction. Additionally, her husband went to the car to get her headphones so that she could listen to music later too if she wished. Overall, both the mom and husband were very open to all of the education and interventions that were presented.

4. **Describe this patient culture and identify a minimum of 2 patient preferences relating to their culture. (10 points)**
This patient's culture was that she is a first-time mom. During her admission she was a little tearful as she explained that she did not really know what to expect and that she was feeling very anxious. This, of course, is a very common feeling for first-time mothers (Durham et al., 2023). Due to being a first-time mother, she had a few preferences. One of these preferences was that she was hoping to stay an extra night in the hospital after having her baby because she was anxious about going home too soon after giving birth. It was clear that she really valued the healthcare team's knowledge and was looking for additional support from them. Another preference she had was breast feeding. She stated that trying to breastfeed was very important to her because she felt like it is the best for the baby and that if she does not breastfeed now, it may affect her ability to breastfeed for future children. She was of course educated about this, but it is still an important preference to note.

5. **Reflection of clinical experience. (5 points)**
   a. **What was one thing that put you outside your comfort zone?**

   One thing that put me outside of my comfort zone during clinical was being in the operating room during a c-section. It was an incredibly cool experience, but also very intimidating. I was afraid to break sterility in the room or be in anyone's way. I also got to draw up some umbilical cord blood, which was something that I have never done before so I was nervous. Overall, however, it was a really cool experience being in the operating room and seeing a procedure from start to finish!

   b. **In what way did you see coordination between the health care team to provide appropriate care to the patient?**

   I saw a great deal of coordination amongst the healthcare team throughout the day to provide appropriate care to my patient. My patient was receiving oxytocin which is a high alert medication and therefore requires two nurses to check each time the medication dose is increased. My patient was scheduled to get an increase of oxytocin every 30 minutes which meant every 30 minutes my nurse had to grab another nurse to double check the increased dose. It was so refreshing to see how well the nurses worked as a team to do this and no other nurse appeared annoyed to have to go double check the dose with my nurse every 30 minutes. I also saw good communication between my nurse and the physician where my nurse explained to the physician our patients concerns with labor and then the physician was able to provide even more education about pain management and all the things they due to help ensure a smooth delivery of the baby.

**References**

Durham, R. F., Chapman, L., & Miller, C. S. (2023). *Davis advantage for maternal-newborn nursing: Critical components of nursing care* (4th ed.). F.A. Davis Company.

Phelps, L. L. (2023). *Nursing diagnosis reference manual* (12th ed.). Wolters Kluwer.

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# N432 Clinical Experience Summary Rubric

**Name: Sarah Minacci**

**Date: 9/6/2024**

| Criteria | 5 points | 2.5 points | 0 points | Comments |
|---|---|---|---|---|
| • What is the priority nursing diagnosis for your patient? <br> • Why did you choose this diagnosis? | **Includes complete and accurate information on all criteria:** <br> • What is the priority nursing diagnosis for your patient? <br> • Why did you choose this diagnosis? | **Missing 1 or inaccurate information of the following:** <br> • What is the priority nursing diagnosis for your patient? <br> • Why did you choose this diagnosis? | **Missing 2 or more or inaccurate information of the following:** <br> • What is the priority nursing diagnosis for your patient? <br> • Why did you choose this diagnosis? | |
| **Criteria** | **15 points** | **7.5 points** | **0 points** | **Comments** |
| • Identify 3 nursing interventions that were completed during clinical. <br> • Describe each intervention. <br> • Explain why each intervention was completed. | **Includes complete and accurate information on all criteria:** <br> • Identify 3 nursing interventions that were seen or done during clinical. <br> • Describe each intervention. <br> • Explain why each intervention was completed. | **Missing 1-2 or inaccurate information of the following:** <br> • Identify 3 nursing interventions that were seen or done during clinical. <br> • Describe each intervention. <br> • Explain why each intervention was completed. | **Missing 3 or more or inaccurate information of the following:** <br> • Identify 3 nursing interventions that were seen or done during clinical. <br> • Describe each intervention. <br> • Explain why each intervention was completed. | |

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| Criteria | 10 points | 5 points | 0 points | Comments |
|---|---|---|---|---|
| • Evaluation of each of the previously identified nursing interventions | **Includes complete and accurate information on all criteria:**<br>• Evaluation of each of the previously identified nursing interventions | **Missing 1-2 or inaccurate information of the following:**<br>• Evaluation of each of the previously identified nursing interventions | **Missing 2 or more or inaccurate information of the following:**<br>• Evaluation of each of the previously identified nursing interventions | |
| Criteria | 10 points | 5 points | 0 points | Comments |
| • Describe this patient culture.<br><br>• Identify a minimum of 2 patient preferences that relate to their culture. | **Includes complete and accurate information on all criteria:**<br>• Describe this patient culture.<br>• Identify a minimum of 2 patient preferences relating to their culture. | **Missing 1 or inaccurate information of the following:**<br>• Describe this patient culture.<br>• Identify a minimum of 2 patient preferences relating to their culture. | **Missing 2 or more or inaccurate information of the following:**<br>• Describe this patient culture.<br>• Identify a minimum of 2 patient preferences relating to their culture. | |
| Criteria | 5 points | 2.5 points | 0 points | Comments |
| • Reflection of clinical experience.<br>  o What was one thing that made you feel uncomfortable?<br>  **o** In what way | **Includes complete and accurate information on all criteria:**<br>• Reflection of clinical experience.<br>  o What was one thing that made you feel | **Missing 1 or inaccurate information of the following:**<br>• Reflection of clinical experience.<br>  o What was one thing that made you feel | **Missing 2 or more or inaccurate information of the following:**<br>• Reflection of clinical experience.<br>  o What was one thing that made you feel | |

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| did you see coordination between the health care team to provide appropriate care to the patient? | uncomfortable?<br>o In what way did you see coordination between the health care team to provide appropriate care to the patient? | uncomfortable?<br>o In what way did you see coordination between the health care team to provide appropriate care to the patient? | uncomfortable?<br>o In what way did you see coordination between the health care team to provide appropriate care to the patient? | |
| **Criteria** | **5 points** | **2.5 points** | **0 points** | |
| **APA Format**<br>• 2 page minimum<br>• The student used appropriate APA in text citations and listed all appropriate references in APA format.<br>• Source(s) utilized should be 5 or less years old.<br>• Source(s) greater than 5 years old will not be accepted.<br>• Professional writing style and grammar was used in all narrative sections. | **Includes complete and accurate information on all criteria:**<br>• 2 page minimum.<br>• The student used appropriate APA in text citations and listed all appropriate references in APA format.<br>• All sources utilized were 5 or less years old.<br>• Professional writing style and grammar was used in all narrative sections. | **Missing 1 or inaccurate information of the following:**<br>• 2 page minimum.<br>• The student used appropriate APA in text citations and listed all appropriate references in APA format.<br>• All sources utilized were 5 or less years old.<br>• Professional writing style and grammar was used in all narrative sections | **Missing 2 or more or inaccurate information of the following:**<br>• 2 page minimum.<br>• The student used appropriate APA in text citations and listed all appropriate references in APA format.<br>• All sources utilized were 5 or less years old.<br>• Professional writing style and grammar was used in all narrative sections | |

| Instructor Comments: | |
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