

N432 Clinical Experience Summary

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N432: Maternal Newborn Care

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A nursing diagnosis for my patient could be knowledge deficit related to first childbirth as evidence by patient verbalizing questions and concerns about pumping and breastfeeding (Phelps, 2023). I chose this diagnosis because the nurse taught the mother how to use the pump for the first time. She also asked questions about breastfeeding to make sure she was performing it correctly. The nurse educated this patient about many different things. She is also a first-time mom which would also make sense for this diagnosis.

One intervention that can be done is to educate the patient (Durham et al., 2023). The nurse provided education to the patient about anything she had questions on. This intervention should be completed especially since she is a first-time mother. The process is new to her so providing as much information is necessary that way, she feels comfortable. Positioning the newborn at the breast is an education topic you could provide to the postpartum patient. It is advised that the mother settle into a comfortable position. Pillows are necessary for assistance. The newborn should face the mother "tummy to tummy" in order to begin proper posture. A "hug" should be

formed by the newborn's arms around the breast. Support from the breasts is essential for a healthy latch. The mother's hand should be used to support the newborn's weak neck at this moment, with her thumb and fingers lying beneath the newborn's ears. The football hold and the cross-cradle hold are two postures that are advised when starting to breastfeed. You can help show the postpartum mother different techniques that will help out in latching and positioning to make it easier.

Another intervention we could implement is assessing the patient's knowledge after the teaching is done (Phelps, 2023). This should be completed so the patient feels ready and comfortable to go on with the proper knowledge. The last intervention we could do is to positively reinforce and encourage the patient. The patient will feel supported if we continue to speak positively to her. It will provide confidence to the new mother that she is doing a great job. Having a baby is hard, so providing the reassurance is necessary.

All the interventions had positive outcomes. The interventions were performed, and the patient was reassured and felt comfortable about the teaching and education being provided. The patient was able to demonstrate understanding by being able to perform breastfeeding and correct pumping techniques. Encouraging the patient and reassuring her made her feel better about herself and with the fact that she is supposed to be learning as she goes. It seemed she felt she was supposed to know all the things when in reality you don't and that is okay and normal.

Culture is sometimes defined as a mixture of a body of information, a body of beliefs, and a body of behavior (National Institutes of Health, 2021). It contains several elements that are often specific to racial, ethnic, religious, social, or geographic groups. Regarding wellness, illness, disease, healing, and the delivery of health services, these elements influence the opinions and belief systems of the individual giving health information or treatment. The patient preferred to

breast feed before trying formula unless the baby absolutely needed it. She was very calm and cooperative to anything that needed to be done for the baby. Another preference the patient had was not giving the baby a bath while in the hospital. This patient did not have a specific preference related to culture.

Nothing exactly put me out of my comfort zone specifically but a one thing that was different for me was watching and seeing the mother perform pumping. I have never intently seen other female breasts especially during pumping, so I also wanted to make sure with the patient that she felt comfortable too. As a nurse, that is something that I will have to be more comfortable since I was not exactly providing care to the patient since pumping is something that can be done individually.

The healthcare team responded appropriately when providing care to this patient. They respected what the patient wanted when receiving care during their experience. My nurse did a great job at reassuring the patient and caring for her.

References

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