



MATERNAL AND CHILD NURSING (N-13)
Academic Year 2021-2022

ACTIVITY GUIDE

WEEK 2
Clinical Simulation

TOPIC: Providing Nursing Care to a Normal Postpartum Client and her Infant

Developed by: A/P E.A. Iellamo, MAN, RN & A.M. Jose, RN

OVERVIEW

The first six weeks postpartum is the “most critical yet neglected phase” in the lives of mothers and newborns (WHO, 2013, para. 1). During this phase, the mother undergoes physiologic and psychological changes brought about by giving birth. At times, recovery can last until six months postpartum. Simultaneously, newborns are adapting to the first moments of life outside the womb and throughout this period of vulnerability, all infants need essential and fundamental care.

In this session, you will perform assessment of the postpartum woman through a health interview that includes appraisal of the physical changes and psychological well-being since giving birth, as well as her knowledge, attitudes, and practices on baby care. Infant health assessment will include review of systems, feeding, reflexes, growth and development, and immunization. The activity ends with provision and evaluation of the health teachings provided, where you will get to appreciate the value of providing well-fitting health education to your clients.

OBJECTIVES

1. Perform correctly the selected basic nursing skills in the care of the postpartum woman and her infant;
2. Apply the nursing process using effective communication in assessment, establishing rapport, planning, implementing care, and evaluation in the care of a postpartum woman and her infant;
3. Apply health promotion and disease prevention skills in the care of a postpartum woman and her infant;
4. Document pertinent information and performance of care using appropriate forms and formats in a timely, accurate, and comprehensive manner;
5. Appreciate the significance of being a compassionate and competent nurse in improving maternal and infant health;
6. Uphold integrity, self-directedness, and critical reflection to maximize learning and competence as a nurse in improving maternal and infant health.

Review the following materials. (*Uploaded in the course site*)

1. Watch the recorded lecture video on postpartum care, breastfeeding, and family planning
2. Familiarize yourself on the Postpartum and Well-Baby assessment forms

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Look for a postpartum client with an infant

1. Postpartum client with an infant between 1-6 months postpartum/birth, of legal age, and with no known medical condition (whether pre-existing or current medical condition) like: DM/GDM, HPN/Pre-Eclampsia/Eclampsia, CA, Asthma, TB, COVID-19, Thyroid Problems
2. Contract setting: Obtain a verbal agreement with your client, ensuring that the date, time, duration of interview, platform of interaction (through messenger, other social media apps, or face-to-face, as applicable) were explained, and the client agreed on the details for this specific activity. For a face-to-face interaction, which is feasible only if the client belongs to the same household, ensure that minimum health standards are observed to prevent the spread of COVID-19.

Attend the synchronous sessions.

1. A 3-hr session on review of assessment and interventions for all clients during the plenary will include highlights in the care of a postpartum mother and her infant (first day of clinical simulations or week 2)
2. Post clinical simulation conferences for sharing of experiences and assessments as well as planned activities for your patient.

Please refer to the procedure checklist on page 3.

Activity Guide:

Interaction will happen through a phone call with client or if possible, via video call online which will be audio or audio-recorded, but it will be deleted after group discussions; privacy of the client and confidentiality should be upheld.

1. Student to do assessment and history taking by asking client the following:
 - a. age, civil status, education, nature of work, living arrangement
 - b. GTPAL
 - c. LMP
 - d. history of current illness and past illnesses
 - e. birthing history
 - f. breast, uterus, bowel movement, urination, lochia, homan's sign, emotions
 - g. activities, rest and sleep, nutrition, elimination, managing discomforts
 - h. feeding, elimination, sleep, possible concerns with the infant
 - i. Health Risk Assessment
 - j. Role changes and adaptation
2. Student to provide health teachings /interventions on activities, rest and sleep, nutrition, elimination, discomforts, family planning, breastfeeding and care of the infant
3. Student to evaluate results of health teachings provided by asking client knowledge questions

Post Activity:

1. Student to prepare for group discussions
2. Student to prepare and submit a nursing health history, teaching plan, and nursing care plan

Evaluation

You will be evaluated based on:

- performance of complete and proper assessment of the postpartum mother (*BUBBLEHE, health risk assessment, nursing health history, role changes and adaptation*) and her infant (*feeding, nursing health history, growth and development, immunization, and mother's knowledge, attitudes, and practices on baby care*)
- submission of nursing health history, teaching plan, and nursing care plan
- appropriateness and effectiveness of health teachings and interventions provided

To pass this clinical simulation, you should correctly perform at least 60% of the procedures in the checklist below.

Summary

At the end of the clinical simulation, you will be able to apply and develop your nursing knowledge, skills, and attitude in the care of postpartum mothers and their infants. Your resourcefulness on the virtual set-up and zeal to learn more from peer-reviewed journals for the benefit of your patient will prepare you to truly become a compassionate nurse who aims to have a positive impact on the lives of mothers and their children. We hope that you had a memorable learning experience in this clinical simulation.

References

Pillitteri, A. (2010). *Maternal & Child Health Nursing: Care of the Childbearing & Childrearing Family* (6th ed.). Lippincott Williams & Wilkins.

World Health Organization. (2013). *WHO recommendations on postnatal care of mother and newborn* [Datafile]. https://www.who.int/maternal_child_adolescent/documents/postnatal-care-recommendations/en/

Reviewed by: A/P E.A. Iellamo, MAN, RN

Date of review: 09/27/2021

Name of Student: _____

Student Number: _____

Postpartum and Infant Care Procedure Checklist

STEP	Procedure	Score	Done Correctly	Needs Improvement	Not done
1	Establishes rapport with a postpartum client	5			
	1.1 Calls patient by name and introduces self.	1			
	1.2 Makes patient feel at ease and comfortable	1			
	1.3 Shows sensitivity to individual differences based on social classes and culture.	1			
	1.4 Explains the procedure to the patient	1			
	1.5 Obtains verbal consent and establishes contract with patient.	1			
2	Assesses the postpartum client's health status	12			
	2.1 Secures accurate and comprehensive nursing history of patient and records it correctly.	3			
	2.2 Determines the correct obstetric and gynecological history of the patient	4			
	2.3 Performs Postpartum Health Risk Assessment	3			
	2.4 Utilizes available prenatal and postpartum care records as well as laboratory exams, if available.	2			
3	Performs basic physical assessment of the postpartum client correctly and systematically based on availability of resources (as applicable)	16			
	3.1 Chief complaint/ Findings				
	3.2 Vital signs (BP, HR, RR, Temperature)				
	3.3 Anthropometric Measurements (Height and Weight)				
	3.4 General survey				
	3.5 Head and neck				
	3.6 Chest, lungs, and heart				
	3.7 Abdomen and back				
	3.8 Skin and extremities				
	3.9 Genitals and Internal Exam				
	3.10 Breasts				
	3.11 Uterus				
	3.12 Bladder				
	3.13 Bowel				
	3.14 Lochia				
	3.15 Episiotomy				
	3.16 Homan's Sign				
4	Performs emotional and psychological health assessment of the postpartum client	8			
	4.1 Emotional Status	4			
	4.2 Role changes and adaptation	4			
5	Performs health assessment of the infant	20			
	5.1 Current Illness/complaint	2			
	5.2 Birth history and neonatal complications	2			
	5.3 Feeding/Breastfeeding	5			
	5.4 Growth and Development	5			
	5.5 Physical Exam (TPR, height, weight, etc.) (as applicable)	3			
	5.6 Immunization	3			

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6	Performs appraisal of mother's knowledge, attitudes, and practices on baby care	3			
7	Identifies priority nursing problem/s	6			
	7.1 Based on sound rationale and background knowledge	4			
	7.2 Provides appropriate etiology that can be solved by a nursing intervention	2			
8	Set goal/s that are specific, measurable, attainable, realistic and time bound.	3			
9	Performs nursing care procedures accordingly.	6			
	9.1 Carries out nursing care in consideration of privacy, safety, and comfort of client.	1			
	9.2 Demonstrates caring attitude towards client by showing compassion and commitment to the welfare of the client.	1			
	9.3 Demonstrates flexibility and resourcefulness in implementing nursing care.	2			
	9.4 Demonstrates overall competence and confidence in performing nursing procedures	2			
10	Conducts health teaching to the postpartum client.	12			
	10.1 Secures relevant and accurate information to assess learning needs of patient.	2			
	10.2 Develops an appropriate teaching plan to promote health and prevent disease for the postpartum and her newborn/infant.	2			
	10.3 Implement teaching plan to the best of student's capabilities by giving relevant and accurate data and shows mastery of the content.	2			
	10.4 Utilizes effective communication skills in giving health teachings.	4			
	10.5 Shows creativity and resourcefulness in conducting health teaching (i.e., provides information materials, utilizes materials from peer-reviewed journals, etc.).	2			
11	Evaluates plan of care and make appropriate changes based on patient's response	4			
12	Demonstration of positive attitude to learning and active participation in the clinical simulation	5			
	12.1 Shows diligence in clinical simulations and in studies (reflects preparation for clinical simulation, utilizes available resources)	1			
	12.2 Demonstrates honesty and integrity in all aspects of nursing care and documentation.	1			
	12.3 Participates meaningfully in group discussions/post clinical simulation conferences.	1			
	12.4 Demonstrates punctuality in reporting for clinical simulations and submitting requirements	1			
	12.5 Shows proper behavior and decorum during simulations.	1			
	TOTAL (Passing Rate 60%)	100			
	Evaluation				
	Date Completed (MMDDYY)				
	Faculty-In-Charge: (Initials and signature)				

Overall Feedback:

UPCN