

Shadow Health will undergo maintenance starting on Saturday, April 4th at 12:00 AM CST until Saturday, April 4th at 9:00 AM CST. During this time Shadow Health may be inaccessible.

## Focused Exam: Gestational Diabetes Results | Completed

Maternal Child Health Nursing - Maternal Health - Fall 2022, NUR 410A

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### Your Results

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### Care Plan : 6.5 of 7 (92.9%)

#### Nursing Diagnosis

0.5 out of 1

International classification for nursing practice (ICNP) nursing diagnoses (v2019\_06\_27) [Data set]. (2019). International Council of Nurses (ICN). <https://www.icn.ch/what-we-do/projects/ehealth-icnptm/icnp-download>

#### Diagnosis

Student Response	Model Answer	Explanation	Points Earned
readiness for effective coping	readiness for effective coping	After being newly diagnosed with gestational diabetes, Ms. Wu discusses feeling a sense of worry and concern regarding her pregnancy which would indicate a "readiness for effective coping" diagnosis. Although Ms. Wu does mention having a miscarriage in the past, she does not reveal any risk-prone health behaviors related to her diet, activity level, or social life. Additionally, a thorough evaluation of her diet does not suggest imbalanced nutrition.	0.5 out of 0.5

#### Signs & Symptoms

Student Response	Model Answer	Explanation	Points Earned
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alteration in blood pressure	patient reports feeling worried	Of the available symptoms, "reports feeling worried" can be identified by the interview and examination. Ms. Wu. More than once, she reports feeling concerned and/or anxious. She does not, however, report constipation, alteration in blood pressure, unusual thirst, nonacceptance of weight, low self-efficacy, or insufficient fluid intake.
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## Planning

### Short-Term Goal

Student Response	Model Answer	Explanation
To have the patient, by end of her appointment, be able to verbalize healthy anxiety management techniques and determine their viability	To have the patient, by end of her appointment, be able to verbalize healthy anxiety management techniques and determine their viability	Address a patient's insufficient knowledge of anxiety management as soon as possible (in this case, by the end of the appointment) and give the patient the correct information yourself, as opposed to encouraging them to conduct their own research, which can lead to less evidenced-based learning.

### Interventions

Student Response	Model Answer	Explanation
Instruct patient to call provider if she experiences any sudden or drastic changes in her emotional well-being	Instruct patient to call provider if she experiences any sudden or drastic changes in her emotional well-being	While Jennifer's anxiety is understandable, she should be taught tools and techniques to help manage her anxiety so that it does not produce a large concern. Instructing her to call the provider if she notices drastic changes in her emotional well-being will help keep her baby safe, as will continuing to encourage exercise and discussing the diet. Suggesting meditation and support groups, which Jennifer has not mentioned trying, also supply new means of managing her anxiety.
Encourage patient to continue exercising to reduce symptoms of stress and anxiety	Encourage patient to continue exercising to reduce symptoms of stress and anxiety	While Jennifer's anxiety is understandable, she should be taught tools and techniques to help manage her anxiety so that it does not produce a large concern. Instructing her to call the provider if she notices drastic changes in her emotional well-being will help keep her baby safe, as will continuing to encourage exercise and discussing the diet. Suggesting meditation and support groups, which Jennifer has not mentioned trying, also supply new means of managing her anxiety.

Discuss patient's diet to help her recognize trends that can be tweaked to improve her health	Discuss patient's diet to help her recognize trends that can be tweaked to improve her health	While Jennifer's anxiety is understandable, she should s tools and techniques to help that it does not produce a lar concern. Instructing her to ca provider if she notices drastic her emotional well-being will her baby safe, as will continu exercise and discussing the t diet. Suggesting meditation a groups, which Jennifer has n mentioned trying, also supply new means of managing her .
Encourage patient to try meditation techniques to reduce stress	Encourage patient to try meditation techniques to reduce stress	While Jennifer's anxiety is understandable, she should s tools and techniques to help that it does not produce a lar concern. Instructing her to ca provider if she notices drastic her emotional well-being will her baby safe, as will continu exercise and discussing the t diet. Suggesting meditation a groups, which Jennifer has n mentioned trying, also supply new means of managing her .
Suggest patient seek out community support through personal support systems or structured support groups	Suggest patient seek out community support through personal support systems or structured support groups	While Jennifer's anxiety is understandable, she should s tools and techniques to help that it does not produce a lar concern. Instructing her to ca provider if she notices drastic her emotional well-being will her baby safe, as will continu exercise and discussing the t diet. Suggesting meditation a groups, which Jennifer has n mentioned trying, also supply new means of managing her .

### Intervention Rationale

Your answer is not automatically evaluated by the simulation, but may be reviewed by your instructor.

Prompt	Student Response	Model Answer	Explanation
In 1 or 2 sentences, explain how your selected interventions work to accomplish your goal.	Making lifestyle changes, dietary change and seeking out support groups arew all healthy and effective ways to manage this condition	Making changes to diet, sustaining exercise level, meditating, and seeking out support groups are all healthy and effective ways to manage preeclampsia.	Patients should r detailed instructi suggestions like diet" or "monitor pressure" (withou how or how offer to optimum patie

### Data Collections

Student Response	Model Answer	Explanation
Ask patient to report her anxiety level, as well as state back an understanding of the provided anxiety management techniques	Ask patient to report her anxiety level, as well as state back an understanding of the provided anxiety management techniques	A patient should be able to st agree to all of her instructions can ensure there are no error: or hesitations.

### Discussion Of Care

Your answer is not automatically evaluated by the simulation, but may be reviewed by your instructor.

Prompt	Student Response	Model Answer	Explanation
Explain the rationale behind your nursing diagnosis, as well as your goal(s) for Ms. Wu and the interventions/data collections you will use to help her achieve this goal(s).	Ms. Wu as you understand how to manage gestation diabetes, i understand that the condition has shocked you. Given that you challenges conceiving, it makes sense that the diagnosis has incited feelings of stress and fear. There are safe techniques however on how to manage anxiety and we arr going to disucss these techniques.	Ms. Wu, as you know, gestational diabetes can be managed. Still, I understand that this diagnosis has come as a shock to you and your wife. Given that you have had previous difficulty conceiving and carrying to term, it also makes sense that this diagnosis has incited feelings of stress and worry. However, there are safe and effective ways to manage anxiety like this, and today we're going to talk about some of those management techniques to help you regain a sense of control.	A patient should their diagnosis at factors to it, then the chance of pa compliance with
Before beginning her postpartum education, ask for Ms. Wu's consent to the Care Plan.	Does this plan sounds good to you?	Does this plan I just talked about sound good to you?	Showing a patier understand their help build rappor that you have yo right. Additionally the details of you and data collecti Ms. Wu understa and give her an c raise concerns.

### Intervention & Evaluation

Student Response	Model Answer	Explanation
Fully	Fully	Ms. Wu exhibits complete un of her anxiety management ir when stating them back, she make any errors or omissions verbally agrees to abide by th goal is fully achieved!

### Intervention & Evaluation Rationale

Your answer is not automatically evaluated by the simulation, but may be reviewed by your instructor.

Prompt	Student Response	Model Answer	Explanation
Did you achieve your goal of having the patient, within her visit at the prenatal clinic, state back and agree to anxiety management instructions you provided?	Ms. Wu exhibits a complete understanding of her anxiety management instructions: when stating them back. She does not make any errors or ommissions and verbally agrees to respect them	Ms. Wu exhibits complete understanding of the anxiety management techniques: when stating them back, she does not make any errors or ommissions, and verbally agrees to abide by them. Your goal is fully achieved!	Assessing the cc and correctness patient's teach-b an opportunity to mistakes with yo

### Comments

If your instructor provides individual feedback on this assignment, it will appear here.



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