

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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Experience Overview

Patient: Jennifer Wu



Digital Clinical Experience Score

100%

This score measures your performance on the Student Performance Index in relation to other students in comparable academic programs. Your instructor has chosen to scale your Student Performance Index score so that the average score on the index is a 80.0%. This score may not be your final grade if your instructor chooses to include additional components, such as documentation or time spent.

Student Performance Index

45.5 out of 49



Proficiency Level: **Proficient**

Beginning **Developing** **Proficient**

Students rated as “proficient” demonstrate entry-level expertise in nursing competencies and clinical reasoning skills. In comparable nursing programs, the top 25% of students perform at the level of a proficient nurse.

Subjective Data Collection
27 out of 28

Objective Data Collection
9 out of 10

Education and Empathy
3 out of 4

Care Plan
6.5 out of 7

Time

58 minutes total spent in assignment

Interaction with patient
58 minutes

Comments

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



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Subjective Data Collection: 27 of 28 (96.4%)

Hover To Reveal...

Hover over the **Patient Data** items below to reveal important information, including **Pro Tips** and **Example Questions**.

◦ Indicates an item that you found.

◦ Indicates an item that is available to be found.

Category

Scored Items

Patient Data

Not Scored

Experts selected these topics as essential components of a strong, thorough interview with this patient.

A combination of open and closed questions will yield better patient data. The following details are facts of the patient's case.

Chief Complaint

Asked about chief complaint

◦ Reports being diagnosed with gestational diabetes
◦ Reports coming in for routine check up

Assess Patient Status

Asked about patient's status

◦ Reports feeling worried
◦ Reports feeling frustrated

Home Medication

Asked about home medications

◦ Reports taking prenatal vitamins

Past Medical History

Asked about preexisting medical conditions

◦ Denies preexisting medical conditions

Asked about previous hospitalizations

◦ Denies any previous hospitalizations

Asked about allergies

- Denies having seasonal allergies
- Denies having food allergies
- Denies having latex allergies
- Denies having medication allergies

History of Present Illness

Followed up on diagnosis

◦ Reports being diagnosed test

Asked about gestational diabetes symptoms

◦ Reports no known sympt

Asked about patient's knowledge of gestational diabetes

◦ Reports some knowledge
◦ Reports understanding of

Social History

Asked about typical diet

◦ Reports typical breakfast
◦ Reports typical lunch is s
◦ Reports typical dinner is j
◦ Reports typical snack is y

Asked about employment

◦ Reports working as a ma
health magazine
◦ Reports working full-time

Followed up on employment

◦ Reports work environmer
◦ Reports work environmer

Asked about activity level

◦ Reports attending group
◦ Reports sitting a lot at wc

Followed up on exercise routine

◦ Reports attending 2-3 cla

Asked about alcohol use

◦ Reports drinking wine be
◦ Reports abstaining from a
pregnant

Asked about tobacco use

◦ Denies tobacco use

Asked about illicit drug use

◦ Denies illicit drug use

Reproductive History

Asked about history of current pregnancy

◦ Denies complications wit

Asked about pregnancy-related symptoms

◦ Reports slight swelling in
◦ Reports mild fatigue

Asked about method of conception for current pregnancy

◦ Reports conceiving throu

Asked about previous pregnancies

◦ Reports one prior pregna

Reports miscarriage during prior pregnancy

Followed up on miscarriage

Reports miscarriage was

Reports first miscarriage

Family Medical History

Asked about family history of gestational diabetes

Denies family history of g

Denies partner's family hi

Denies sperm donor's far
diabetes

Asked about family history of diabetes

Denies family history of d

Denies partner's family hi

Denies sperm donor's far

Review of Relevant Systems

Asked about mental status

Reports increased irritabi

Reports experiencing stre

Followed up on stress

Reports stress due to nev

Reports desire to have a

Asked about musculoskeletal system

Reports mild joint pain

Reports mild back pain

Asked about urinary system

Reports more frequent ur

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Objective Data Collection: 9 of 10 (90%)

- Correct Incorrect
 Partially correct Missed

Assessed Vitals

1 of 1 point

Temperature (1/4 point)

- Normothermic
 Hyperthermic
 Hypothermic

Heart Rate (1/4 point)

- Normal
 Tachycardic
 Bradycardic

Respiratory Rate (1/4 point)

- Normal
 Tachypnea
 Bradypnea

O2 Saturation (1/4 point)

- Normal
 Hypoxemia

Assessed Blood Pressure

1 of 1 point

Blood Pressure (1/1 point)

- Normotensive
 Hypertensive
 Hypotensive

Inspected Upper Extremities

1 of 1 point

Right: Appearance (1/3 point)

- No visible abnormal findings
 Redness
 Bruising or other discoloration
 Edema
 Visible mass
 Atrophy
 Hypertrophy

Left: Appearance (1/3 point)

- No visible abnormal findings
 Redness
 Bruising or other discoloration
 Edema
 Visible mass
 Atrophy
 Hypertrophy

Symmetry (1/3 point)

- Symmetric bilaterally
 Asymmetric

Inspected Lower Extremities

1 of 1 point

Right: Appearance (1/3 point)

- No visible abnormal findings
- Redness
- Bruising or other discoloration
- Edema
- Visible mass
- Atrophy
- Hypertrophy

Symmetry (1/3 point)

- Symmetric bilaterally
- Asymmetric

Left: Appearance (1/3 point)

- No visible abnormal findings
- Redness
- Bruising or other discoloration
- Edema
- Visible mass
- Atrophy
- Hypertrophy

Assessed Fundal Height**Fundal Height Measurement (1/1 point)**

- Average for 27 weeks gestation
- Greater than average for 27 weeks gestation
- Lower than average for 27 weeks gestation

Palpated Fetal Presentation**Fetus Presentation (No point)**

- Vertex
- Breech
- Transverse Lie

Fetus Position (No point)

- Anterior
- Posterior

Assessed Fetal Heart Rate**Fetal Heart Rate Measurement (1/1 point)**

- Within normal ranges
- Tachycardic
- Bradycardic

Auscultated Breath Sounds**Breath Sounds (1/2 point)**

- Clear in all areas
- Diminished in some areas
- Absent in some areas

Adventitious Sounds (1/2 point)

- No adventitious sounds
- Wheezing
- Fine crackles
- Stridor
- Rhonchi
- Rales

Auscultated Heart Sounds**Heart Sounds (1/3 point)**

- S1 and S2 audible
- S1, S2, and S3 audible
- S1, S2, and S4 audible
- S1, S2, S3, and S4 audible

Extra Heart Sounds (1/3 point)

- No extra sounds
- Gallops
- Murmur
- Friction rub
- Valve clicks

Rate And Rhythm (1/3 point)

- Regular rate and rhythm
- Irregular rate
- Arrhythmia

Assessed Labs**Blood Glucose (1/2 point)**

- Normal level

Proteinuria (1/2 point)

- Protein not present in urine

Abnormal level

Protein present in urine

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Education & Empathy : 3 of 4 (75.0%)

During the patient interview, there are a number of opportunities to provide patient education and empathy. The opportunities listed below are those identified by nursing experts to be of particular importance to this patient. A **Model Statement** is provided as an example of an appropriate response to each opportunity.

- Opportunities marked as **Not Encountered** are opportunities that were not elicited in the interview
- Opportunities marked as **Not Followed Up** are missed opportunities that were present in the interview, but where no statements were made
- Opportunities marked as **Followed Up** were followed up by students, and include the dialogue between student and patient

1 Miscarriage

Not Followed Up

Description: During the interview, Jennifer divulges that five years ago she suffered a miscarriage during her first and only other pregnancy.



are you pregnant?

Question

02:41 AM EDT



Yes, I'm currently pregnant. I've been pregnant once before, but I had a miscarriage.



do you have pregnancy-related symptoms

Question

02:42 AM EDT



I had morning sickness early on but that stopped after the first trimester. I get some stiffness in my joints and discomfort in my lower back. It's a little easier to get tired. Also, my hands and feet swell sometimes.



what is your method of conception

Question

02:42 AM EDT



I used reciprocal IVF. The baby will grow inside of me, but have Vivian's DNA.

Model Statement: "I'm sorry to hear about your miscarriage. Pregnancy loss is difficult, and can greatly affect the emotional and physical toll of future pregnancies. I can understand how such a loss might inform your concern at the moment, but gestational diabetes is a manageable condition. Myself and others are here to help you throughout this pregnancy and ensure that you and your baby stay healthy."

2 Stress

Followed Up

Description: Jennifer reports feeling stressed about her new diagnosis of gestational diabetes.



any stress



Right now, my stress level could be better. I wasn't expecting to be diagnosed with gestational diabetes today.



how is your urinary system



No issues, other than having to frequently take bathroom breaks during conference calls.



how is your psychological health



I am a little stressed about this new diagnosis; it was unexpected. My job is demanding and we're trying to get Eden's nursery ready, so there's a lot on my plate, but it's not anything I can't handle. I've got this.



i feel sorry for you that you are stress



It helps to hear that.



we will do our best to make you feel better



That's a good point, thank you.



I'm also sorry that you had experienced miscarriage before



Thank you.



its unfortunate but Im happy you have recovered now



I'll consider that more, thank you.



The information is better and will help in diagnosis



That's helpful to know.



Thank you for being cooperative



I had not thought of that before, thank you.



im sorry that the job is also stressing you



Thank you for that sentiment.



but we have to help you recover your health first



That's kind of you to say.



i understand that these might be challenging times but all will be okay



Thank you for saying that.

Model Statement: "New diagnoses can be stressful, especially when they come unexpectedly. It's understandable that you would be worried about your health and your baby's health right now. The good news is this can be regulated. You're doing a great job already!"

3 Asymptomatic Presentation

Description: Jennifer reports being surprised by her gestational diabetes diagnosis, because she hadn't had any symptoms.



how is your mental status



I am a little stressed about this new diagnosis; it was unexpected. My job is demanding and we're trying to get Eden's nursery ready, so there's a lot on my plate, but it's not anything I can't handle. I've got this.



do you have any stress



Right now, my stress level could be better. I wasn't expecting to be diagnosed with gestational diabetes today.



how is your musculoskeletal system?



I don't have any muscle pain, but I do have some lower back pain. And a bit of joint pain, too.



how is your stress



Right now, my stress level could be better. I wasn't expecting to be diagnosed with gestational diabetes today.



when did you first experience stress



I was diagnosed with gestational diabetes today. . . but I haven't had any symptoms. Well, none that aren't also just regular symptoms of pregnancy, anyway.



any stress



Right now, my stress level could be better. I wasn't expecting to be diagnosed with gestational diabetes today.



how is your urinary system



No issues, other than having to frequently take bathroom breaks during conference calls.



how is your psychological health



I am a little stressed about this new diagnosis; it was unexpected. My job is demanding and we're trying to get Eden's nursery ready, so there's a lot on my plate, but it's not anything I can't handle. I've got this.



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i understand that these might be challenging times but all will be okay



Thank you for saying that.

Model Statement: "Regretfully, gestational diabetes can present without any observable symptoms. The condition can also arise independent of a woman's diet or activity level; being moderately healthy, unfortunately, does not guarantee that a woman will not develop gestational diabetes. It's important to remember that despite t sometimes asymptomatic nature of this condition, it is manageable through various lifestyle changes. Between y own tenacity and the assistance of healthcare providers such as myself, you can take more control of this pregnancy."

4 Risk Factors

Description: Jennifer reports knowing that Asian women are more susceptible to gestational diabetes, but littl else.



how is your psychological health



I am a little stressed about this new diagnosis; it was unexpected. My job is demanding and we're trying to get Eden's nursery ready, so there's a lot on my plate, but it's not anything I can't handle. I've got this.



i feel sorry for you that you are stress



It helps to hear that.



we will do our best to make you feel better



That's a good point, thank you.



I'm also sorry that you had experienced miscarriage before



Thank you.



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I'll consider that more, thank you.



The information is better and will help in diagnosis



That's helpful to know.



Thank you for being cooperative



I had not thought of that before, thank you.



im sorry that the job is also stressing you



Thank you for that sentiment.



but we have to help you recover your health first



That's kind of you to say.



i understand that these might be challenging times but all will be okay



Thank you for saying that.

Model Statement: "While gestational diabetes often manifests without symptoms, there are a number of risk factors associated with the condition, including: obesity, a family history of diabetes, and having polycystic ovarian syndrome. One risk factor that pertains to you, in particular, is your being of advanced maternal age at the time of this pregnancy. Being 35 years or older during a reproductive stage heightens a woman's risk of developing gestational diabetes."

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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 |
|------------------|--------------|-------------|---------------|
|------------------|--------------|-------------|---------------|

| | | |
|------------------------------|---------------------------------|--|
| 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. |
|------------------------------|---------------------------------|--|

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 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 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 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 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 are 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 a 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 |

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Transcript















Started: Sep 18, 2022 | Total Time: 58 min

All Lines (101)

Interview Questions (55)

Statements (11)

Exam Actions (35)

- | | | |
|---|---|---|
|  | hey, my name is Madina I'm your nurse today? | Greet 09/18/22 2:33 AM EDT |
|  | Hello. | |
|  | what brings you to the clinic today? | Question 09/18/22 2:34 AM EDT |
|  | I came in for a routine check up. I knew I was scheduled for a glucose screening today, but I didn't expect to be diagnosed with gestational diabetes. This is not how I thought my day would go. | |
|  | how are you feeling? | Question 09/18/22 2:34 AM EDT |
|  | I'm just so frustrated that this is happening. A gestational diabetes diagnosis was not part of the plan. | |
|  | any home medications? | Question 09/18/22 2:35 AM EDT |
|  | I'm not taking anything. Just my prenatal vitamins. | |
|  | any preexisting medical condition (Clarified to Do you have health concerns?.) | Question 09/18/22 2:35 AM EDT |
|  | Nope. I haven't had any problems. (Clarified to if I have health problems.) | |
|  | have you been hospitalized before? | Question 09/18/22 2:36 AM EDT |
|  | I've never been hospitalized overnight. | |
|  | any allergies? | Question 09/18/22 2:36 AM EDT |
|  | I don't have any allergies. | |



when did the health problem begun



After I failed my glucose tolerance test today, they diagnosed me with gestational diabetes. It's so bizarre. I didn't even have any symptoms.



do you have any knowledge of gestation diabetes



I've certainly heard of it before, and I know it means there's a problem with my blood sugar. The magazine I manage ran a piece on the condition a few years ago, so I also know that Asian women have a higher risk of developing it . . . I don't remember much else, though.



what is your typical diet?



Most mornings, I'll have something no fuss like eggs and toast for breakfast. For lunch I'll have a soup--something brothy--and a sandwich. For dinner, Viv and I usually have a protein--chicken, fish, beef--and rice or vegetables as a side. And if I get snackish throughout the day, I'll have some yogurt and granola.



are you employed?



I work in an office downtown. I'm the managing editor for a women's health magazine.



what is your activity level?



I do sit quite a bit at work, but I exercise two or three times a week. I've been taking a group dance class . . . I know what you're thinking, but it's surprisingly fun.



how is your job?



I love my job. I've been working as an editor for a little over ten years now. Really had to work my way up. The environment gets a little stressful sometimes--it can be fast-paced, I mean, but it's my calling.



do you consume alcohol



Not since trying to get pregnant. Before that, yes, I drank wine.



any tobacco use?



Never.



any illicit drug use?



No. Never.



any current pregnancy? (No matching questions found.)



are you pregnant?



Yes, I'm currently pregnant. I've been pregnant once before, but I had a miscarriage.



do you have pregnancy-related symptoms



I had morning sickness early on but that stopped after the first trimester. I get some stiffness in my joints and discomfort in my lower back. It's a little easier to get tired. Also, my hands and feet swell sometimes.



any method of conception for current pregnancy? (No matching questions found.)



any method of conception? (No matching questions found.)



what is your method of conception



I used reciprocal IVF. The baby will grow inside of me, but have Vivian's DNA.



any miscarriage



Oh . . . um, yes. I . . . miscarried during my first pregnancy five years ago.



any family history of gestational diabetes?



I don't think anyone in my family has ever had gestational diabetes before. I must be the first.



any family history of diabetes?



I've never heard about anyone in my family having diabetes.



how is your mental status



I am a little stressed about this new diagnosis; it was unexpected. My job is demanding and we're trying to get Eden's nursery ready, so there's a lot on my plate, but it's not anything I can't handle. I've got this.



do you have any stress



Right now, my stress level could be better. I wasn't expecting to be diagnosed with gestational diabetes today.



how is your musculoskeletal system?



I don't have any muscle pain, but I do have some lower back pain. And a bit of joint pain, too.



how is your stress



Right now, my stress level could be better. I wasn't expecting to be diagnosed with gestational diabetes today.



when did you first experience stress



I was diagnosed with gestational diabetes today. . . but I haven't had any symptoms. Well, none that aren't also just regular symptoms of pregnancy, anyway.



any stress



Right now, my stress level could be better. I wasn't expecting to be diagnosed with gestational diabetes today.



how is your urinary system



No issues, other than having to frequently take bathroom breaks during conference calls.



how is your psychological health



I am a little stressed about this new diagnosis; it was unexpected. My job is demanding and we're trying to get Eden's nursery ready, so there's a lot on my plate, but it's not anything I can't handle. I've got this.



i feel sorry for you that you are stress



It helps to hear that.



we will do our best to make you feel better



Thats a good point, thank you.



I'm also sorry that you had experienced miscarriage before



Thank you.



its unfortunate but Im happy you have recovered now



Ill consider that more, thank you.



The information is better and will help in diagnosis



Thats helpful to know.



Thank you for being cooperative



I had not thought of that before, thank you.



im sorry that the job is also stressing you



Thank you for that sentiment.



but we have to help you recover your health first



Thats kind of you to say.



i understand that these might be challenging times but all will be okay



Thank you for saying that.



Assessed vitals



Assessed blood pressure



Inspected arms



Inspected lower extremities



Assessed fundal height: Fundal height: 27 cm



Palpated Fetal Presentation



Assessed fetal heart rate: 145 BPM



Auscultated breath sounds: Breath sounds clear in all areas, with no adventitious sounds



Auscultated heart sounds: S1 and S2 audible, with regular rate and rhythm, and no extra sounds



Auscultated breath sounds: Breath sounds clear in all areas, with no adventitious sounds



Auscultated breath sounds: Breath sounds clear in all areas, with no adventitious sounds



Auscultated heart sounds: S1 and S2 audible, with regular rate and rhythm, and no extra sounds



Assessed lab results



You will now educate Ms. Wu on gestational diabetes management.



For each question, you will be prompted to educate Ms. Wu on gestational diabetes management by selecting the best of three education items. Your goal is to select the single most effective and therapeutic answer, and you will only be allowed to move on to the next step of the activity after you have it; selecting either of the remaining education items, those that are not the most effective or therapeutic, will remove those items from the list of possible choices, and you will be prompted to pick again.



Because a new diagnosis can be overwhelming, I'd like to give you some information about gestational diabetes and how to successfully manage it.



I would like that. Thank you.



Educate Ms. Wu on the necessary dietary and nutritional changes she will need to make.



Managing your blood sugar levels will require expert vigilance, so it's best that you only make change to your diet after consulting with a certified dietitian.



Well . . . shouldn't I be talking to a dietitian instead of you, then?



You have not selected the most therapeutic way to deliver this information. The incorrect response you selected has been removed. Try again with the remaining responses.



Educate Ms. Wu on the necessary dietary and nutritional changes she will need to make.



Restricting your carbohydrate intake is one way to help manage your high blood sugar levels.



Okay. I'm familiar with carbs . . . but my diet is excellent. I don't eat candy or junk food, and I try not to overdo it on the bread.



Carbohydrates are found in all sorts of foods, not just sweets and bread. Starchy vegetables like carrots, corn, and potatoes, for example, are also high in carbs. Other seemingly healthy snack foods—such as yogurt, granola, and fresh fruit—can also be high in sugar, so it will be necessary to eat these things in moderation.



I suppose you're right about that. So I'll have to research each and every little thing I eat before I can eat it?



Diabetic and prediabetic patients are encouraged to use references such as the American Diabetic Association (ADA) when making dietary decisions. The ADA provides comprehensive diet information about sugar, carbohydrates, and meal moderation.



Okay, great. I definitely don't mind streamlining my research.



Let Ms. Wu know that you'll be giving her some pointers on self-monitoring before demonstrating how to use a glucometer.



While it may seem intimidating at first, using a glucometer to monitor your blood sugar levels will get easier with practice. Before I show you how to use it, here are a few things to remember about glucometer use.



Okay, I'm listening.



You'll test yourself a few different times a day: when you wake up in the morning, before each meal, 1–2 hours after each meal, and again before bedtime. Depending on these different test times, your target blood sugar levels will vary. For instance, your target range one hour after a meal should be less than 140, but your target range in the morning before you've had anything to eat should be 80–95. You will record these levels in a journal, preferably right after you've taken them so you don't forget.



That's a lot, but it sounds doable. Should I record everything in one place, or should I keep my food log entries separate?



Keeping everything together will make observing trends between your diet and your blood sugar levels easier.



Hm. I'll keep everything together then. Oh, is there something I should do if my levels seem off?



If you are concerned about your levels, you should call your provider. Blood sugar levels that consistently exceed 200, or dip below 80, are considered critical, and may require you to go to the hospital.



Okay, so regularly getting a read lower than 80, or higher than 200, is a problem. Got it.



You will now show Ms. Wu how to use the glucometer.



Now that you have shown Ms. Wu the various parts of her glucometer and how to use them, have her teach back the process of checking her blood sugar.



Okay, Ms. Wu, now I'd like you to repeat back for me the steps you will take when using your glucometer.



Okay, so . . . after I get everything laid out, the first thing I do is wash my hands, or use an alcohol wipe to clean off my finger so my sample isn't contaminated by anything I might have touched or eaten. Then I turn the glucometer on and prick my fingertip with the little lancet. I take one of the test strips and carefully place a drop of my blood on it before inserting the strip into the glucometer for my reading. The calculation should only take a few seconds, then I'll get my reading and record it in my journal. I believe that's . . . oh, and I should wipe my finger off if there's still any blood. Yeah, I think that's it.



Using your own words, assess Ms. Wu's teach-back attempt, calling special attention to anything she might have missed or gotten wrong:



It is clear now that you understand and therefore ready to use the glucometer.



Oh, right! I'll remember that.



Now you will educate Ms. Wu on the warning signs of low blood sugar.



In the event that your blood sugar levels nose-dive, here's what you can expect: dizziness, lightheadedness, heart palpitations, seizures, and blurred vision. To raise your levels, keep something sugary on hand just in case.



Oh, wow. It seems like I should probably call 911 if anything like that happens.



You have not selected the most therapeutic way to deliver this information. The incorrect response you selected has been removed. Try again with the remaining responses.



Now you will educate Ms. Wu on the warning signs of low blood sugar.



Your instinct may be to panic if you start to feel dizzy or confused, but these are common signs of low blood sugar. If you experience these symptoms and need to raise your blood sugar quickly, try eating a piece of fruit like an orange, or some crackers before testing your levels.



I see. So I'd want to eat something sugary or with carbs. Right, that makes sense. If I don't feel better after eating something, should I call my provider or go to the hospital?



You should call your provider if you suspect your blood sugar levels are problematic. Certain symptoms of low blood sugar, such as nausea and hunger, are vague and can be misinterpreted.



Now you will educate Ms. Wu on staying active while managing gestational diabetes.



Staying active can improve your glucose control, and help you and your baby stay healthy. Occasional walking, cycling, and light jogging are encouraged to help regulate blood sugar levels.



Woah, hold on. Are you sure I should be riding a bike?



You have not selected the most therapeutic way to deliver this information. The incorrect response you selected has been removed. Try again with the remaining responses.



Now you will educate Ms. Wu on staying active while managing gestational diabetes.



Because exercise uses up your glucose and drastically lowers your blood sugar levels, you should avoid physical activity. Anything more strenuous than the occasional walk could compromise your blood sugar levels.



I really didnt want to have to quit my exercise class. Are you sure I cant do anything other than walk?



Your second choice is not the most therapeutic way to deliver this information, either. The incorrect responses you have selected have been removed. Select the correct response, and you will move on to the next question.



Now you will educate Ms. Wu on staying active while managing gestational diabetes.



Women who remain active throughout their pregnancy tend to have better glucose control, so you are encouraged to continue exercising as long as theres no risk of abdominal trauma.



That's great news. I really didn't want to have to quit my exercise class.



Bear in mind that before you workout, you should have a small snack because exercise will necessarily use up some of your glucose and lower your levels.



I can do that. No problem.



Now you will educate Ms. Wu on how to monitor her babys wellness.



Because youre contending with a serious pregnancy condition, its important to monitor your babys health. Recording daily kick counts, documenting your babys sleep cycle, and feeling for abnormalities along your abdomen, are just a few ways to ensure your babys health.



What does my babys sleep cycle have to do with this?



Now you will educate Ms. Wu on how to monitor her babys wellness.



Now that youve been diagnosed with gestational diabetes, keeping track of kick counts and your babys sleep cycle will help you maintain some control over the normalcy of their movement and development.



How, exactly? I mean, I get keeping track of those things, but how exactly do they help me maintain any control here?



Now you will educate Ms. Wu on how to monitor her babys wellness.



Having gestational diabetes doesnt prevent you from monitoring your babys wellness. Conducting daily kick counts is a simple, noninvasive means of tracking your babys movement and keeping an eye out for irregularities that may signal complications.



Im familiar with kick counts. Ten kicks an hour is normal, correct? Well, unless the babys asleep. How many times a day should I be counting?



Thats correct. Just once a day for one hour will do, but its recommended that this hour be spent in a quiet or relaxed setting that will allow you to actively count. When counting, youll want to lie down, at least semi-reclined, on your left side as that position promotes the most blood flow to the baby.



Mandatory relaxation, huh? Under other circumstances, I might be excited.



You continue to educate Ms. Wu on gestational diabetes management until she is receptive and ready to implement your instructions.



Close out your meeting with Ms. Wu by saying goodbye and offering any additional advice you would like to provide.



Thank you for being cooperative I hope you understand all concepts we have just learned



Goodbye.



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.



I understand. Thank you for explaining all of that.



Does this plan sounds good to you?



You have my consent.

Comments

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



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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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Subjective Notes

Student Documentation

Subjective

Jennifer Wu is a mother of advanced maternal age, is newly diagnosed with gestational diabetes. The client reports being diagnosed with gestational diabetes. She has come for a routine checkup. Reports taking prenatal vitamin. Denies any preexisting medical condition or hospitalizations. Denies also having seasonal allergies, food, latex or medication allergies. The client reports having some knowledge of gestational diabetes and understands the related risk factors.

Model Documentation

Jennifer Wu is a 41-year-old Chinese American pregnant woman at 27 weeks gestation who presented with new-onset gestational diabetes. Ms. Wu came to the clinic for a routine check-up and was diagnosed after failing a glucose tolerance test. The patient denies experiencing any symptoms related to gestational diabetes.

Ms. Wu has no preexisting medical conditions or previous hospitalizations. Patient had one miscarriage five years prior. She is allergic to latex and has seasonal allergies. No allergies to medication or food.

Ms. Wu's typical diet is eggs and toast for breakfast, soup and a sandwich for lunch, and protein, rice, and vegetables for dinner. Her typical snack is yogurt and granola. She works full-time as an editor for a women's health magazine, and said that her work environment is fast-paced and can be stressful. She attends group exercise classes 2-3 times a week. Denies alcohol, tobacco, or illicit drug use.

Patient had some knowledge of gestational diabetes and was educated on risk factors, including being of advanced maternal age. I provided Ms. Wu with education on gestational diabetes management, including information about carbohydrate counting and glucose monitoring.

Objective Notes

Student Documentation

Objective

The client denies any past history of gestational diabetes. She also denies the partner's history of gestational diabetes. Denies sperm donor's family history of diabetes. She reports increased irritability and stress. She reports having stress due to new diagnosis. She reports having mild joint pain and mild back pain. Her vitals are normal. Upper extremities have no visible abnormal findings. Lower extremities have edema. The fetal heart rate measurement is within normal range. The breath sounds are clear in all areas and there are no extra sounds. The fetus also has a regular heart rate and rhythm. The client has a normal glucose level and no protein present in urine.

Model Documentation

Ms. Wu is normothermic, with a normal respiratory rate, heart rate, and O2 saturation. Her blood pressure was normotensive, at 118/74. She presents with right and left edema, symmetric bilaterally. Fundal height is average for 27 weeks gestation. Fetal presentation is breech, position is posterior. Fetal heart rate is within normal ranges. Breath sounds are clear in all areas, no adventitious sounds. S1 and S2 audible in heart sounds, with no extra sounds and regular rate and rhythm. Blood glucose was within normal ranges. Protein is not present in urine.

Comments

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



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