

**Rutgers University School of Nursing - Camden**  
**Nursing of Women and the Childbearing Family Clinical (50:705:301)**  
**Spring 2020**

Pre-Clinical Simulated Clinical Experience/Boot Camp  
 Student Packet

Welcome to Nursing of Women and the Childbearing Family Pre-Clinical Boot Camp!

Unique to this clinical course, you will be rotating to different units including high-risk antepartum, labor and delivery, postpartum, well-baby nursery, and the neonatal intensive care. Today, you will have the wonderful opportunity to spend 6 hours (7:00 am – 2:00 pm) preparing for these various maternal-newborn units. You will be reviewing basic terminology, practice using medical equipment, and demonstrate fundamental skills related to the care of childbearing women and newborns. You will go through 7 skill stations that simulates your clinical experience in the hospital setting.

Your instructor will review the objectives and schedule for the day. At the beginning of this pre-clinical simulated clinical experience/boot camp, you will take a pre-test to evaluate your basic knowledge of the course content. At the end of the day, you will take a post-test to evaluate knowledge gained from this activity. Additionally, you will be asked to take a survey to determine the effectiveness of this pre-clinical simulated clinical experience/boot camp.

The next 7 pages is your “Clinical Passport” which lists the skill stations and the objectives for each station. You must demonstrate basic competency in each criterion in order for your clinical instructor to sign you off. You must have all the objectives in this documented completed by the end of this pre-clinical simulation clinical experience/boot camp as this is your passport to clinical!

<b>Time</b>	<b>Agenda</b>
7:00 am – 7:20 am (20 minutes)	Welcome and prebriefing
7:20 – 7:35 am (15 minutes)	Pre-Test
7:35 – 7:45 am (10 minutes)	Review pre-test
7:45 – 8:20 am (35 minutes)	Skill station 1: Antepartum
8:20 – 8:55 am (35 minutes)	Skill station 2: Labor and delivery
8:55 – 9:05 am (10 minutes)	Break
9:05 – 9:40 am (35 minutes)	Skill station 3: Postpartum
9:40 – 10:15 am (35 minutes)	Skill station 4: Newborn
10:15 – 10:50 am (35minutes)	Skill station 5: Infant feeding
10:50 – 11:45 am (55 minutes)	Lunch
11:45 – 12:20 pm (35 minutes)	Skill station 6: Medication administration
12:20 – 12:55 pm (35 minutes)	Skill station 7: Skills
12:55 – 1:10 pm (15 minutes)	Debrief
1:10 – 1:25 pm (15 minutes)	Post-Test
1:25 – 1:35 pm (10 minutes)	Review post-test
1:35 – 1:45 pm (10 minutes)	Evaluation
1:45 – 2:00 pm (15 minutes)	Instructor to review details for clinical

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**Student Clinical Passport**

**Student Name** \_\_\_\_\_

<b>SKILL STATION 1: ANTEPARTUM</b>	
<b>Skills/Objectives</b>	<b>Clinical Instructor Signature</b>
State normal maternal temperature, respiratory rate, pulse, and BP	
Discuss <b>GTPAL</b> abbreviation	
Review terminologies r/t antepartum: <ul style="list-style-type: none"> <li>• Braxton-Hicks</li> <li>• Breech</li> <li>• Edema</li> <li>• Fetoscope</li> <li>• Oligohydramnios vs Polyhydramnios</li> <li>• Term</li> <li>• Pre-Term</li> <li>• Quickening</li> <li>• Trimester</li> <li>• Viability</li> </ul>	
Review anatomy maternal anatomy: <ul style="list-style-type: none"> <li>• Amniotic fluid</li> <li>• Cervix</li> <li>• Fundus</li> <li>• Pelvis</li> <li>• Placenta</li> <li>• Symphysis pubis</li> <li>• Uterus</li> </ul>	
Demonstrate <b>Leopold's Maneuvers</b>	
Demonstrate how to measure <b>fundal height</b>	
Discuss ways to estimate <b>gestational age</b> assessment	
Identify normal fetal heart rate	
Demonstrate fetal auscultation	
Review parts of electronic fetal monitoring: heart rate sensor and tocodynamometer	
Discuss indications for electronic fetal monitoring ( <b>non-stress test</b> ) for antepartum patients	

SKILL STATION 2: LABOR AND DELIVERY	
Skills/Objectives	Clinical Instructor Signature
State normal maternal temperature, respiratory rate, pulse, and BP and possible variability for laboring patient	
Review terminologies r/t L&D: <ul style="list-style-type: none"> <li>• Asphyxia</li> <li>• Dilation</li> <li>• Effacement</li> <li>• Engagement</li> <li>• Hematoma</li> <li>• Hyperventilation</li> <li>• Lightening</li> <li>• Supine hypotension</li> </ul>	
Discuss stages of labor	
Review cervical effacement and dilation	
Review nonpharmacological pain management: <ul style="list-style-type: none"> <li>• Acupressure</li> <li>• Acupuncture</li> <li>• Abdominal effleurage</li> <li>• Counterpressure</li> <li>• Therapeutic touch</li> </ul>	
Review <b>electronic fetal monitoring</b> in labor	
Define <b>amniotomy</b> and state the risks involved for the procedure	
Discuss role of nurse during <b>epidural</b> placement	
Discuss role of the nurse during a vaginal delivery	
Discuss indication for use of <b>forceps</b> and <b>vacuum</b>	
Discuss role of the nurse during a cesarean section	
Demonstrate gowning for surgery	
Discuss indication, types, risks, assessment, and care for <b>laceration</b> and/or <b>episiotomies</b>	
State nursing interventions at delivery to assist newborn thermoregulation and prevent heat loss	
Discuss importance of <b>skin-to-skin</b>	
State the process of identification of baby and mother	

### SKILL STATION 3: POSTPARTUM

Skills/Objectives	Clinical Instructor Signature
Verbalize BP criteria for orthostatic hypotension and sign/symptoms	
State possible causes for hypotension in the postpartum period	
State possible causes for hypertension in the postpartum period	
Verbalize normal maternal temperature and threshold for a postpartum fever	
Review terminologies r/t postpartum: <ul style="list-style-type: none"> <li>• Episiotomy</li> <li>• Fundus</li> <li>• Incision</li> <li>• Laceration</li> <li>• Lochia</li> <li>• Perineum</li> </ul>	
Describe the essential parts of the postpartum assessment: BUBBLE HE/BUBBLE PLEB	
Demonstrate postpartum care specific to mothers who had a vaginal delivery: <ul style="list-style-type: none"> <li>• Assist with first time out of bed</li> <li>• Pericare</li> </ul>	
Discuss nonpharmacological measures to relieve perineal pain and discomfort	
Discuss postpartum care specific to mothers who had a cesarean section: <ul style="list-style-type: none"> <li>• Assist with first time out of bed and ambulation</li> <li>• Diet transition: NPO, liquid, regular</li> <li>• Incision care</li> </ul>	
Differentiate between postpartum blues, depression, and psychosis (signs and symptoms, diagnostic criteria)	

## SKILL STATION 4: NEWBORN

Skills/Objectives	Clinical Instructor Signature
Review terminologies r/t newborn: <ul style="list-style-type: none"> <li>• Acrocyanosis</li> <li>• Bilirubin</li> <li>• Cradle cap</li> <li>• Lanugo</li> <li>• Umbilical cord</li> <li>• Vernix caseosa</li> </ul>	
Discuss steps to prevent infection in the newborn	
Verbalize normal newborn vital signs	
Verbalize elements of <b>Apgar scoring</b>	
Demonstrate obtaining newborn heart rate, respiratory rate, and BP	
Demonstrate obtaining axillary and rectal temperature in the newborn	
Discuss possible reasons for newborn temperature to be increased	
Discuss possible reasons for newborn temperature to be decreased	
Demonstrate how to obtain newborn measurements: weight, length, head circumference, chest circumference	
Demonstrate head-to-toe newborn assessment	
Review newborn reflexes: <ul style="list-style-type: none"> <li>• <b>Rooting</b></li> <li>• <b>Grasp</b></li> <li>• <b>Moro</b></li> </ul>	
Discuss methods of heat loss in the newborn	
Verbalize <b>umbilical cord</b> care	
Verbalize <b>circumcision</b> care	
Demonstrate diapering and diaper area care	
Demonstrate newborn swaddling technique	
Demonstrate handling of newborn; safe hand-off to mother	
Demonstrate use of bulb syringe	

## SKILL STATION 5: INFANT FEEDING AND ELIMINATION

Skills/Objectives	Clinical Instructor Signature
Review anatomy of lactating breast: <ul style="list-style-type: none"> <li>• Alveoli</li> <li>• Areola</li> <li>• Lactiferous ducts</li> <li>• Montgomery glands</li> </ul>	
Demonstrate breastfeeding positions	
Discuss the main roles of breastfeeding hormones: <ul style="list-style-type: none"> <li>• Prolactin</li> <li>• Oxytocin</li> </ul>	
Review breast milk characteristics (color, amount): <ul style="list-style-type: none"> <li>• <b>Colostrum</b></li> <li>• Mature milk: foremilk vs hind milk</li> </ul>	
Discuss newborn stomach size for Day 1, Day 3, Day 7, and Day 30	
Demonstrate use of breast pump	
Discuss milk storage	
Demonstrate formula feeding positions	
Discuss formula amount for newborn	
Discuss newborn stool pattern within 12-48 hours of birth: <ul style="list-style-type: none"> <li>• <b>Meconium</b> and transition stool</li> <li>• Stool of breastfeeding infant</li> <li>• Stool of bottle feeding infant</li> </ul>	
Discuss normal number of voids and stool for newborns	

SKILL STATION 6: MEDICATION	
Skills/Objectives	Clinical Instructor Signature
Review 5 Rights of Medication Administration	
Mother	
State the indication/dose/route of tocolytics for preterm labor: magnesium sulfate, terbutaline, nifedipine	
Discuss dose/route of drug therapy to accelerate fetal lung maturity: betamethasone, dexamethasone	
State the indication/dose/route for augmentation/induction of labor: oxytocin (Pitocin), cytotec (Misoprostol), dinoprostone (Cervidil)	
State the dose/route of typical oral pain medication used in the postpartum period: acetaminophen, ibuprofen, oxycodone	
State the reason for naloxone use	
Verbalize naloxone route/site/dose	
State the indication/dose/route of stool softeners and laxatives: docusate sodium (Colace), senna glycoside (Sennakot, Senna)	
Verbalize route/site/site effects of postpartum vaccines: <ul style="list-style-type: none"> <li>• Flu vaccine</li> <li>• Tdap</li> <li>• Rubella</li> <li>• Varicella</li> </ul>	
Review indication/route/site for postpartum Rh <sub>o</sub> (D) immune globulin (RhoGAM)	
Newborn	
State reason for the need of Vitamin K in newborns	
Verbalize <b>vitamin K (phytonadione)</b> route/site/dose	
Demonstrate <b>vitamin K (phytonadione)</b> administration	
State reason for <b>erythromycin ophthalmic ointment</b> use in newborn	
Verbalize <b>erythromycin ophthalmic ointment</b> route/site/dose	
Demonstrate <b>erythromycin ophthalmic ointment</b> administration	
State protocol for newborn medication administration whose mother is hepatitis B+	
Demonstrate hepatitis B vaccine administration	
Verbalize hepatitis B vaccine route/site/dose	

<b>SKILL STATION 7: SKILLS REVIEW</b>	
<b>Skills/Objectives</b>	<b>Clinical Instructor Signature</b>
Demonstrate Foley catheter <ul style="list-style-type: none"> <li>• Insertion</li> <li>• Removal</li> <li>• Maintenance</li> </ul>	
Demonstrate straight catheterization <ul style="list-style-type: none"> <li>• Insertion</li> <li>• Collection of urine sample</li> <li>• Measuring and recording of output</li> </ul>	
Practice writing a nursing note for a postpartum patient	Postpartum scenario Paper and pen

Clinical Instructor Printed Name \_\_\_\_\_

Clinical Instructor Signature \_\_\_\_\_

Date \_\_\_\_\_