

1. Below there is a dictionary definition of nursing observations. Change the words in the brackets to complete the text (WORDFORMATION):

An (OBJECT) evaluation made by a member of medical personnel of the various aspects of a patient's condition. It includes the person's general (APPEAR), emotional condition, (NUTRITION) status, habits, and (PREFER), as well as body temperature, skin condition, and any (NORMAL) processes, (INCLUDE) those of which the patient (COMPLAIN) Many things such as the patient's religious or ethnic background, as well as family (RELATION) are also noted.

2. Read the text and complete it with the missing information:

- (a) normal, below normal, elevated (increased)
- (b) patient's appearance, the colour of the skin, the condition of the skin
- (c) shallow, noisy, rapid, slow
- (d) the responsibility of writing down observations must not be taken lightly
- (e) the progress made by patients during the treatment
- (f) pulse rate, pulse quality, blood pressure, skin colour
- (g) paralysis, abnormal conditions of muscles, abnormal urinating, etc.

Observation of a patient is extremely crucial and, thus, this skill is developed from the beginning of the training. Observation is essential to see (1) To get the necessary information, a nurse or a midwife will use all his/her senses (sight, touch, hearing and smell). The sense of touch is important for checking the skin temperature or the pulse rate. The sense of hearing is not only used to listen to what a patient may say. With the use of the stethoscope staff can hear the heartbeat (or the noises made while breathing). The stethoscope is also used while measuring blood pressure. Midwives sometimes use the Pinard's stethoscope (also called the fetoscopoe) to listen to the foetal heart rate. When looking at the patient, the following elements can be observed: (2)..... (i.e. when observing the healing of the wound after a c-section), the position in which the patient lies, or even the amount of food the patient eats. The sense of smell is not to be forgotten here since it plays an important role in diagnosing patient's condition. If a post-operative wound oozes an unpleasant smell, it may indicate complications in the healing process. The smell of the vaginal discharge or lochia may reveal an infection. The unpleasant smell of the amniotic fluid may indicate an intrauterine infection. The greenish colour of the amniotic fluid may indicate that the baby has not been receiving enough oxygen (hypoxia). Observations usually include: $\frac{3}{4}$ Respiration: (3) $\frac{3}{4}$ Nutrition (food): type of diet, food and fluid intake. $\frac{3}{4}$ Blood circulation: (4) $\frac{3}{4}$ Skin: cool/warm, dry/moist, rash, local swelling, local discolouration, itching. $\frac{3}{4}$ Body temperature: (5) $\frac{3}{4}$ Activity: ambulant (up and about), requiring assistance in walking, using crutches, using a wheelchair, complete bedrest. $\frac{3}{4}$ Emotional and mental condition: alert, confused, depressed, anxious, apathetic. $\frac{3}{4}$ Disabilities: (6) The patient must be observed 24 hours a day. The patient's chart is an extremely important document and must be filled

in on the beat. It contains notes on the patient's treatment, medication, activity, mental and emotional state. Notes carry important information and are a form of communication between members of staff (doctors, midwives, nurses), hence, (7).....

3. Fill in the sentences with appropriate forms of the words given in brackets:

- a) The c-section may sometimes lead to a rapid (LOSE) of blood.
- b) Never judge people by (APPEAR) only.
- c) After the miscarriage she fell into deep (DEPRESS)
- d) One of the methods of (TREAT) for sore breasts is a cabbage leaf compress.
- e) It is essential to learn how to (BREATH) through the contractions to help ease the pain.
- f) They sent the blood sample to the lab in case there were some (NORMAL) ...
- g) The midwife was happy to see an (EXPRESS) of joy on the new mother's face.
- h) The midwife wrote down her (OBSERVE) on the patient's chart before finishing her shift.
- i) As a head midwife she had many (RESPONSIBLE)
- j) (TAKE) a blood sample requires some practice and it can be quite difficult at the beginning.

4. Define the abbreviations

- 1. cc..... 2. c/ob..... 3. pt 4. BM 5. O2 e)
- 6. AMA..... 7. OOB..... 8. SOB..... 9. h 10. AM
- 11. PM 12. BF..... 13. BP..... 14. BWt 15. Cx
- 16. D&C..... 17. EDD 18. FH..... 19. FTND.....
- 20. HVS..... 21. Hb..... 22. IVF 23. LMP 24. ND 25. NND.....
- 26. O/E 27. OR 28. p.v. 29. PH 30. PN 31. PND..... 32. PU
- 33. RBC 34. SB 35. WBC..... 36. YOB.....
- 37. ml..... 38. mmol/L..... 39. CS 40. IM 41. FMP.....

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