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Emotional distress affecting participation in care Normal antenatal assessment

Midwifery & O.G. Nursing | Focused diagnosis-based template

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Fictional educational example. Individualize using verified patient findings, authorized treatment and current local protocols. No real patient record or observed outcome is claimed.

Clinical assessment

Subjective: Asks about nutrition, normal discomforts and when to seek help.

Objective findings and required checks: Maternal and fetal assessment is performed according to gestation and the antenatal plan.

Physical examination and investigations: Review history, blood pressure, growth/gestation, urine and blood tests and screening offered under current local guidance.

Supply actual values, units, timing and trends during supervised application. Do not invent missing clinical data.

Clinical focus and pathophysiology

Normal antenatal assessment: Pregnancy produces cardiovascular, metabolic and anatomical adaptations requiring ongoing assessment.

Medical / surgical management

Provide person-centred antenatal assessment, education, indicated preventive care and a documented follow-up plan.

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Illustrative drug and treatment study

Medicine / treatment	Purpose	Nursing checks
Prescribed antenatal supplements	Support identified preventive or nutritional needs	Verify regimen, adherence and side effects
vaccination where indicated	Provide pregnancy-appropriate prevention	Follow the current national guidance.

Treatment examples are not a prescription. Verify the authorized product, dose, route, timing, contraindications and current local product information.

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Focused nursing-problem template

Nursing diagnoses use original clinical problem wording. They are not the licensed NANDA-I classification. Verify any formal label or code against your institution's licensed current edition; select actual or risk diagnoses only when supported by assessment.

Context task: Establish the immediate clinical priorities and verify the baseline before assuming a diagnosis.

Set individualized measurable targets and an exact review time. Select actual or risk statements only when supported by assessment.

Assessment: subjective / objective	Nursing diagnosis: original problem wording	Short- and longer-term goals	Nursing interventions with rationale	Evaluation
Ask: Ask what worries the patient most and how they prefer to receive information. Assess: Observe distress, attention and ability to engage without making assumptions.	Emotional distress affecting participation in care. Possible factors: uncertainty, symptoms or unfamiliar treatment. Validate against the patient's assessment.	Short-term: At the next patient-specific reassessment: Identifies one immediate concern and participates in an agreed next step. Longer-term: Before the clinically approved transition or agreed follow-up: Describes helpful support and coping strategies before transition of care.	1. Listen without judgment and acknowledge specific concerns. Rationale: Feeling heard supports trust and therapeutic engagement. 2. Explain one step at a time and use teach-back with permission. Rationale: Manageable information reduces uncertainty and checks understanding. 3. Offer culturally appropriate support and refer when distress persists or safety concerns arise. Rationale: Additional support may be needed beyond bedside reassurance. 4. Provide person-centred antenatal assessment, education, indicated preventive care and a documented follow-up plan. Rationale: Pregnancy produces cardiovascular, metabolic and anatomical adaptations requiring ongoing assessment. The condition-specific plan addresses the underlying problem while response is monitored.	Record the baseline and reassessed finding, the time and whether this goal is met, partly met or not met. If not met, reassess causes and revise or escalate. Do not record an unobserved improvement.

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Apply this template

Complete with verified data: assessment cues; supported actual problem or risk; measurable outcome and review time; selected authorized interventions and rationale; observed response and next action.

Subjective / objective cues: _____

Patient-specific target and review time: _____

Evaluation evidence and next action: _____

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Health education and continuing care

Teach antenatal attendance, nutrition, birth preparation and gestation-appropriate warning signs.

Transition only after clinical readiness is confirmed. Reconcile medicines, check access and caregiver support, and document who will review the patient and when.

Urgent warning signs

Bleeding, severe headache/visual symptoms, severe abdominal pain, fluid leakage or reduced fetal movement when applicable needs prompt maternity assessment.

Evaluation and conclusion

For each goal, document met, partly met or not met using observed evidence and the review time. Reassess and revise if progress is inadequate. Individual assessment, prioritized care and coordinated review guide this topic.

Quick Revision

- Pregnancy produces cardiovascular, metabolic and anatomical adaptations requiring ongoing assessment.

- Priority concerns: Emotional distress affecting participation in care.

- Bleeding, severe headache/visual symptoms, severe abdominal pain, fluid leakage or reduced fetal movement when applicable needs prompt maternity assessment.

- Teach antenatal attendance, nutrition, birth preparation and gestation-appropriate warning signs.

Exam / viva: What assessment evidence supports this problem, and what measurable result would demonstrate improvement?

References

Nursing Fundamentals, 2e - Ernstmeyer & Christman (editors), Open RN / WisTech Open, 2024
https://wtcs.pressbooks.pub/nursingfundamentals/

Maternal-Newborn Nursing: external further reading - OpenStax / Rice University

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https://openstax.org/books/maternal-newborn-nursing/pages/preface

Nursing Pharmacology, 2e - Ernstmeyer & Christman (editors), Open RN / WisTech Open, 2023

https://wtcs.pressbooks.pub/pharmacology2e/

B.Sc. Nursing curriculum and regulatory notifications - Indian Nursing Council

https://www.indiannursingcouncil.org/gazette-notification

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