


# 匹兹堡学习汇报

2014年1月26日-5月31日



妇儿教研室 赵缨



## NUR 1250: Nursing Care of Mothers, Newborns, & Families

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# 5 Credits

# Theory 2.5 classroom hours per week  
(15 weeks)

# Clinical 8 hours per week X 14 weeks

# OB课程内容

- # ANTEPARTUM CARE (产前护理)
- # INTRAPARTUM CARE (产时护理)
- # POSTPARTUM NEONATAL CARE  
(产后新生儿护理)
- # WOMEN'S HEALTH CARE (妇女保健)

## # ANTEPARTUM CARE (产前护理)

- Neurohormonal Basis of Female Reproductive Cycle
- Embryonic & Fetal Development:A Brief Review
- Reproductive System....Life's Greatest Miracle
- Bleeding in Pregnancy (妊娠期出血)
- Preeclampsia (先兆子痫)
- Care of the Childbearing Family
- Fetal Physiology (胎儿生理)
- Neonatal Resuscitation (新生儿复苏)
- Premature Labor (早产)
- Perinatal Infections/Substance Abuse Problems



## # INTRAPARTUM CARE (产时护理)

- Processes & Stages of Labor & Birth
- Family in Childbirth: Needs & Care
- Pain Management in Labor
- Anesthesia for Obstetrics
- Childbirth at Risk: The Intrapartal Period
- Procedures to Facilitate Labor
- Procedures to Facilitate Delivery

# # POSTPARTUM NEONATAL CARE

## (产后新生儿护理)

- Normal Newborn:Needs & Care
- Physiologic Responses of the Newborn at Birth
- Neonatal Nursing Assessment
- Complications of Prematurity
- The Newborn at Risk:Conditions Present at Birth
- The Newborn at Risk:Birth-Related Stressors
- Postpartum Family Adapatation and Nursing Assessment
- The Postpartal Family:Needs and Care

# Physiologic Adaptations

- I. Temperature regulation 体温
- II. Respiratory 呼吸
- III. Circulation 循环
- IV. Gastrointestinal 胃肠道
- V. Urinary 泌尿
- VI. Immunologic 免疫
- VII. Neurologic/Perceptual 神经发育

**Nursery Admission**

**Infant Security 新生儿安全**

**Measure Length, Weight, & Head Circumference**

**Prevent Hypothermia 保暖**

**Swaddling the Newborn 襁褓**

**Newborn Reflexes 先天反射**

**Cephalohematoma 胎头血肿**

**Vernix caseosa 胎儿皮脂**

**Mongolian Spot 胎斑**

**Milia 粟粒疹**

**Erythema toxicum neonatorum 新生儿红斑**

**Eye Prophylaxis 预防眼疾**

**Prevention of Hemorrhagic Disease 预防出血性疾病**

**First Bath 第一次洗澡**

**Umbilical Cord Care 脐带护理**



**Carbohydrate Metabolism 代谢**

**Hypoglycemia- Diagnosis & Treatment 低血糖**

**Recognizing Respiratory Distress in the Newborn**

**Newborn Head Position for Resuscitation 复苏头位**

**Male Genitals 男婴生殖器**

**Circumcision 包皮环切术**

**Newborn Screenings**

(听力筛查, 遗传筛查包括代谢性疾病、血红蛋白病、内分泌疾病如先天性甲减和先天性肾上腺皮质增生症等)

# Neonatal Nursing Assessment



# Timing of the Newborn Assessment

**TABLE 30-1 Timing and Types of Newborn Assessments**

**Assess immediately after birth:**

Need for resuscitation

If newborn is stable and can be placed with parents to initiate early attachment/bonding

**Assessments within 1 to 4 hours after birth:**

Progress of newborn's adaptation to extrauterine life

Determination of gestational age

Ongoing assessment for high-risk problems

**Assessment procedures within first 24 hours or before discharge:**

Complete physical examination (Depending on agency protocol, the nurse may complete some components independently with the certified nurse-midwife/physician/nurse practitioner completing the exam before discharge.)

Nutritional status and ability to formula-feed or breastfeed satisfactorily

Behavioral state organization abilities

## # WOMEN'S HEALTH CARE (妇女保健)

- Women's Health:Family Planning
- Women's Health Across the Life Span
- Women's Health:Commonly Occurring Infections
- Women's Health Problems



# 教学方法

理论

- 1 讲授&讨论
- 2 多媒体&互动视频
- 3 自学&讲义
- 4 游戏
- 5 模拟教学&个案研究

# 教学方法

临床

1

指导临床经验

2

观察报告

3

示教

4

专题讨论会议

5

护理计划

# EVALUATION 课程评价

**Course grade is based upon the student's performance on**

**---objective examinations (单元测验) \*4次**

**---medication quiz (药物测验) \*1次**

**---clinical simulations (模拟课堂学习)**

**---NCLEX exam (国际护理考试)**

**---participation in a small group presentation (小组汇报)**

**---research paper (研究论文)**

**---clinical assessment paperwork (临床评估报告)**

**4月2日 OB临床实习带教**

**——产后休养室**



**6: 15AM——2: 30PM**





MAGEE 医院



## # GERRI是INSTRUCTOR



**她负责将5位同学分派给不同的临床老师，具体的实习任务由直接带教的临床老师进行指导**



# 实习要求

## # 上午

- 每人负责1位产后的妈妈和她的宝宝
- 要求记录生命体征，关心妈妈和宝宝的需求
- 记录完之后需直接输入电脑

## # 下午：PRESENTATION




# 医院的周转非常快，产后1-2天，无特殊即可出院。

# 新生儿如果必须留在NICU进行监护和观察，父母出院后可以24HR来探视。

# 医院会常规教会父母如何护理新生儿。

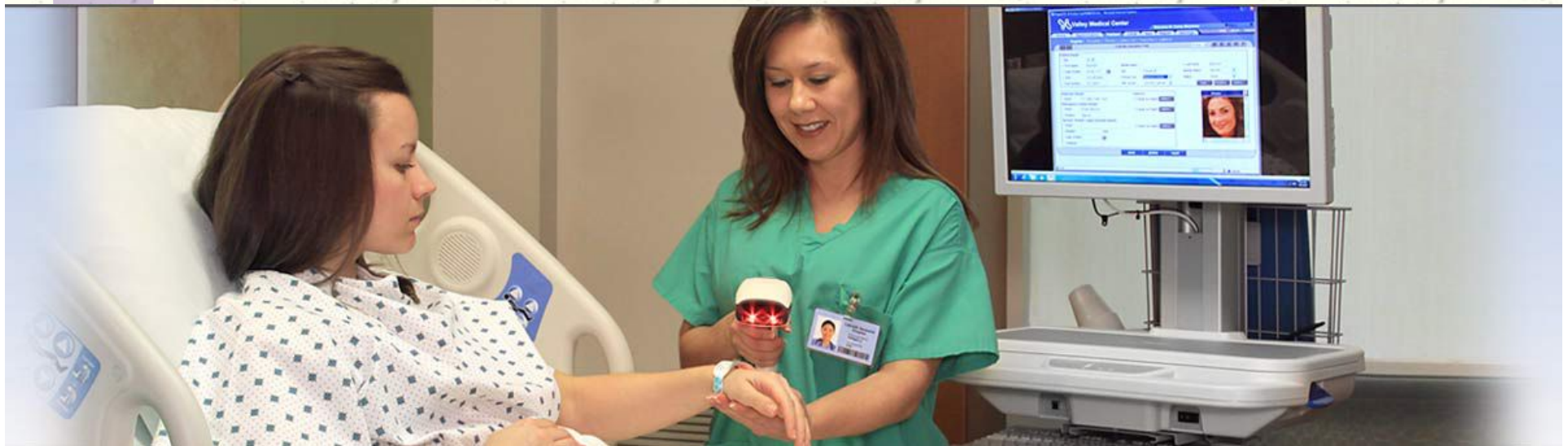






# 手术完后或需要进一步观察体温等生命体征的婴儿，护士会用电脑一头连接的探头直接扫一下婴儿手上的识别手圈，婴儿的信息会直接呈现在医院的移动电脑屏幕上，然后护士直接输入观察到的生命体征等信息，确认后关闭该页面

# # 信息化的护理过程避免了人工可能造成的工作失误








# 观察室里的温度不高，为便于护士观察，  
， 婴儿的包被裹得很松



# 婴儿沐浴时，把婴儿床下面的抽屉打开，直接变成一张沐浴床









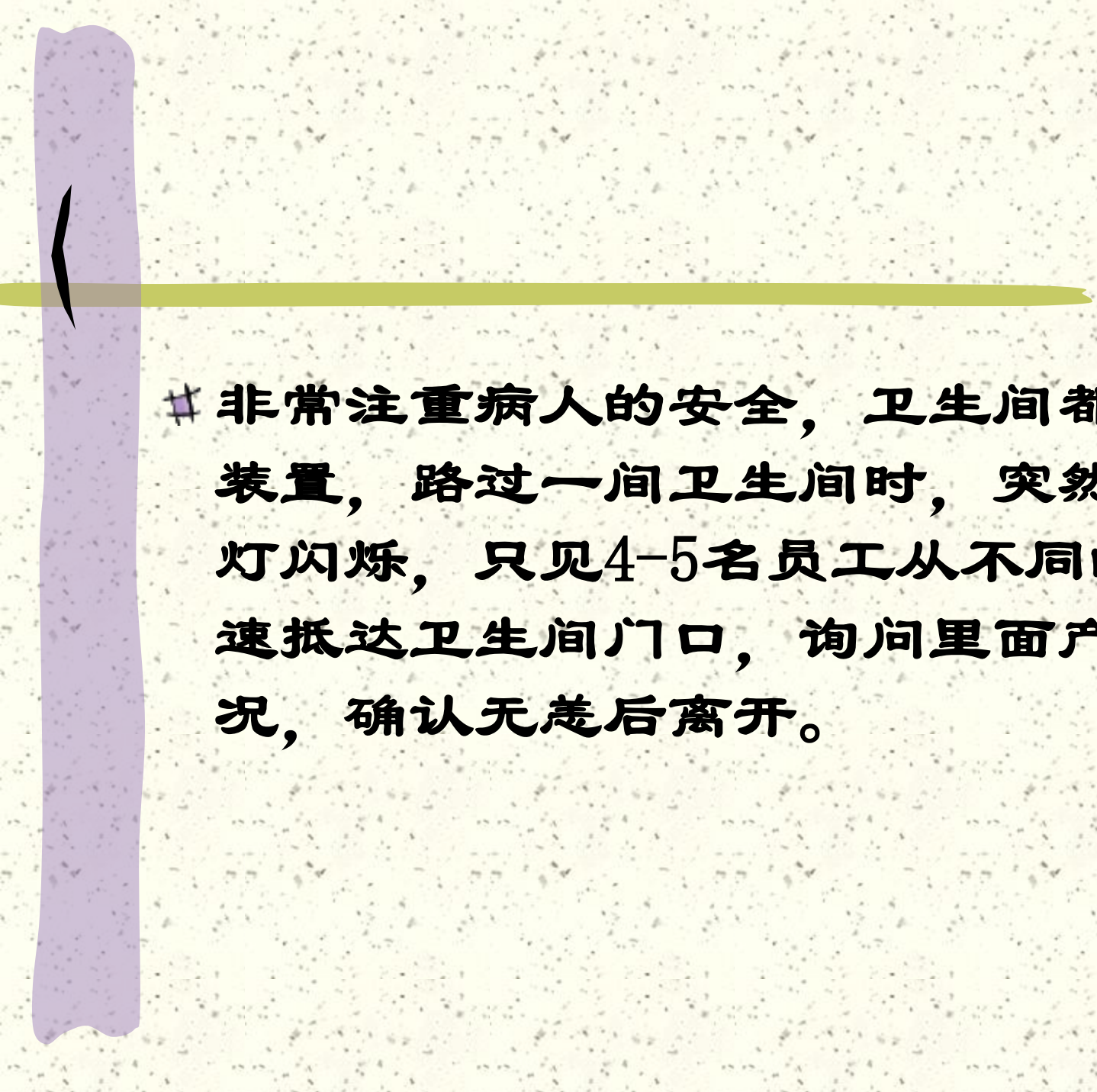
# 上午产科实习结束后，带教老师会再次进入每位产妇的病房，关心产妇及新生儿的状况及需求并解答相关的疑问。

(进门之前，必须敲门，经同意后进入病房并自我介绍，讲明探访的目的)





**# 带教老师须在医院电脑上点击同学实习模块，将每位同学实习任务的完成情况输入电脑并保存。如果未登记同学的实习情况，医院相关管理部门会提醒带教老师，及时完成对学生实习情况的评估**



**# 非常注重病人的安全，卫生间都有报警装置，路过一间卫生间时，突然报警红灯闪烁，只见4-5名员工从不同的通道快速抵达卫生间门口，询问里面产妇的情况，确认无恙后离开。**

# 每天的带教工作完成后，带教老师手上的病人信息纸必须塞进碎纸机，保证病人隐私





# 下午1:30PM示教室集中，每次2名同学准备好小讲课内容并制作PPT进行PRESENTATION。


# 这次的主题：

- 艾滋病的相关知识
- 胎盘早剥和前置胎盘



# 4月9日 OB临床实习带教

## ——产房

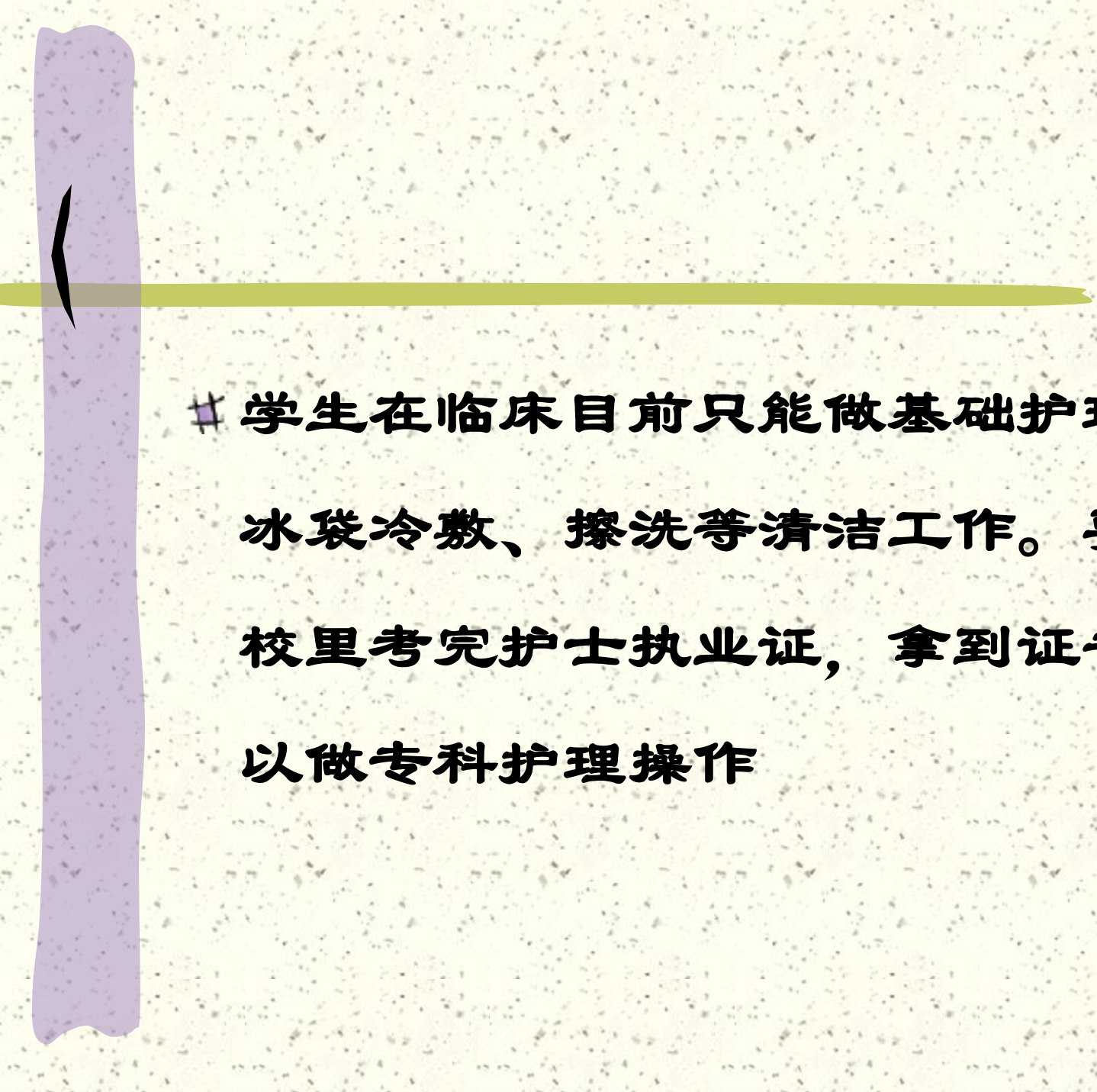


7: 00AM——2: 30PM

## # 指导学生进行产程观察

早上7点，将每一位同学负责的产妇的产程资料告知同学：包括产妇的姓名、年龄、孕产史、病史（高血压、糖尿病等）、孕周、宫口开到几指，宫颈容受度（百分之几等），用药情况，宫缩情况等





**# 学生在临床目前只能做基础护理，比如冰袋冷敷、擦洗等清洁工作。要等在学校里考完护士执业证，拿到证书后才可以做专科护理操作**

## # 临床这部分成绩总分 80分

- — 产前护理 (20分)
- — 产后护理 (20分)
- — PRESENTATION (20分)
- — HOMEWORK (20分)

Each student must receive **70% or greater** of the total points in order to receive a **satisfactory** evaluation of clinical performance.

## 剖宫产：1名经产妇，第二胎

男婴，出生后口鼻腔内有粘液，用手动吸引器吸出粘液和羊水，但是仍然呼吸不畅，皮肤颜色有点青紫，不够红润，呼声不够响亮，APGAR评分小于8分，NICU医生给予面罩吸氧，进一步清理呼吸道。

5分钟后，未见好转，由1名护士到手术台与妈妈解释，新生儿要转送入NICU进一步处理，经妈妈同意后，1名NICU转运护士推着一台转运车到产房，经过处理，新生儿改用鼻导管吸氧，直接抱入转运车，给妈妈看过后，直接送入NICU。