

ROLE OF NURSING CARE IN PREGNANCY AND NEONATAL MANAGEMENT**Namrata Badrinarayan Khandagale^{*1}, Satish Namdevrao Choure², Virat Shankar Gore³ and Pooja Prasad Chaware⁴**¹Clinical Instructor/Tutor, Obstetrics and Gynecology Nursing Department, Kamalnayan Bajaj Nursing College Aurangabad, Tal- Aurangabad, Dist- Aurangabad, Maharashtra, India.²Clinical Instructor/Tutor, Mental Health Nursing Department, Vijaysinh Mohite Patil College of Nursing, Akulj, Tal- Malshirash, Dist- Solapur, Maharashtra, India.³HOD, Assistant Professor, Mental Health Nursing Department, Vijaysinh Mohite Patil College of Nursing Akulj, Tal- Malshirash, Dist- Solapur, Maharashtra, India.⁴Nursing Tutor, Obstetrics and Gynecological Nursing Department, Vijaysinh Mohite Patil College of Nursing Akulj, Tal- Malshirash, Dist -Solapur, Maharashtra, India.***Corresponding Author: Namrata Badrinarayan Khandagale**

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ABSTRACT

The nursing care involves assistance and management of health problems as per the physician advice and medical supervision of patient. The monitoring of health progress and communication with expert health professionals are key aspect of good nursing practice. In the context of pregnancy and neonatal care the management of pregnancy tenure, management of child birth and care of new born are prime focuses of medical physician. In this regard medical nurse can play vital role towards the successful completion of pregnancy and delivery period. Communication with pregnant woman & her family, implementation of preventive and therapeutic measures and medical counseling, etc. are major areas where medical nurse can put their significant effort. Present article emphasizes role of medical nurse in the successful management of pregnancy and neonatal care.

KEYWORDS: Nurse, Medical, Pregnancy, Neonatal.**INTRODUCTION**

World Health Organization (W.H.O.) put reproductive health on priorities and suggested advisory to reduce maternal mortality and management of health of pregnant women. The gynecological physician can helps greatly in this regards along with assistance and support of medical nurse. Maternal and child health nursing care can help in promotion and maintenance of health of mother as well as child. Medical nurse serving to this area performs many functions including; care of women during pregnancy period, children care during perinatal period, maintenance of health of new born and mother after delivery, care in settings and in birth room, etc.^[1-3]

The various categories of nurses working for this area are; maternal nurse (take care of pregnant women), pediatric nurse (care for infants & children), labor and delivery nurse (work directly with women throughout the birthing process), perinatal nurse (work with women through pregnancy, birth and first month of their infants' lives) and neonatal nurse (neonatal nurses work with newborns), etc.

Maternal nurse need to function within the area of practice defined by the specific medical agency or authorize regulatory department of state or country. Therefore technical and scientific pupation of maternal nurse is prerequisite to meet need of current scenario. In labor and birth room maternal nurse is responsible for coordinating and documenting the care of pregnant women as well as her fetus. The crucial responsibilities are implementation of medication and monitoring of their effects, evaluation of high-risk medications and close monitoring of results of such medicines. The duty of maternal nurse becomes very important while dealing with analgesia and anesthesia. In case of uses of emergency the nurse should monitor vital signs of woman's, level of consciousness, fetal status and should inform expert health professionals immediately.

Prenatal nurses can help pregnant women to avoid and recognize common health problems associated with pregnancy, they can impart healthy habits during pregnancy. The nurses' work with parents during gestation period, care children in academic settings, can teach breastfeeding techniques and prenatal nurses can also suggests some parenting skills.^[2-4]

The desire quality of nurses' work for maternal/neonatal care

- Caring and nurturing behavior
- Good communicator
- Decision making & should be able to handle emergency
- Quick thinker
- Interest in the field
- Must be able to adapt changes and new task environments

Role in Prenatal Care

Prenatal care nurse work to maintain health of pregnant women and their fetus. This type of practices helps to prevent chances of complications and maintain wellbeing of fetus. The nurse helps to educate expecting parents, boost emotional and physical balances, provides advisory related to daily routine which need to be adopt during pregnancy period, keeping a child healthy before, during and after birth is important aspect and a medical nurse support parents in this regards.

Role in Delivery Room

Labor and delivery nurses play a critical role in delivery and care of new born babies; they assist doctor during childbirth and simultaneously boost morale of pregnant lady during her labor pain. Labor and delivery nurse monitor and time contractions during labor, administer epidurals & other medications, communicate with doctor to provide information, identify complications and

prepare for cesarean delivery, etc. Labor and delivery nurses are trained enough to think critically, they educate pregnant women during delivery and after delivery period, make sound judgments as per the conditions and assist in delivery room to keep things normal.

Labor and delivery nurse works with obstetricians and other doctors, they help in ante-partum (before delivery) and post-partum (after delivery) care, nurses implement personalized birthing plan for each mother as per doctor advise, support in safe delivery and monitor health of baby. Nurse educates parents about newborns and the care they require from mother. Labor and delivery nurses works in hospitals, birthing centers, private clinics, in-home settings and also be a part of government campaign.

There are various types of labor and delivery nurses or supporting staff as depicted in **Figure 1**. They perform specific functions and support process of delivery or child birth and helps in neonatal care. Ante-partum nurse are those who works before birth of baby, they cares for mother and unborn babies. Scrub Nurse supports doctors in surgical procedures, they helps to setting up the preparation requiring for operating purpose and assist surgical interventions. Circulating Nurse assists outside the sterile area in operating room and manages peripheral care requiring for delivery. Postpartum Nurse mainly works after delivery; they take care of mothers as well as newborns.



Figure 1: The various types of supporting staff helps in labor and delivery room.

The nurse can support in breast feeding, nurse can aid mother in her first contact with the new born and advises mother about the caring tips of baby. Nurse helps to maintain health of new born that requires especial care, nurse also contribute towards the early recovery of mother from surgical interventions. Nurse assistance prevents chances of injury and maintains communication with family members and expert health professionals. The assistance of expert nurse helps to combat against

conditions such as; low birth weight, babies with breathing trouble and infections. Nurse provides specific care in case of premature delivery, support mother from withdrawal symptoms of alcohol & drug abuse, provides especial care to pregnant women suffering from diseases i.e.; diabetes, high blood pressure and obesity.

Neonatal nurse practitioner is a registered nurse with special training to take care of newborn babies. In case of

absence of breast feed these nurse maintain diets of new born and ensure nutritional supply to new born. These nurses monitor calories intake of babies and maintain supply of vitamins and minerals in the body of baby with the help of baby foods advised by expert medical professionals.

The maternal nurse acts as lactation consultants where breast feeding is possible and these healthcare providers helps with pumping and monitor intervals of breastfeeding thus maintaining milk supply to the new born baby.

Medical nurse check medicine, doses and aware about possible side effects of medicines thus their presence is essential to avoid any health complications. They give emotional and spiritual support thus relieves stress during pregnancy and delivery period.^[3-5]

CONCLUSION

Medical nurses take care of pregnant women, assist medical supervision of infants, provide support in labor room and help to restore health of newborns, etc. In labor and birth room nurse maintain coordination and documentation requiring for child birth or delivery. Implementation of medication as per plan and monitoring of their effects are major role of nurse during child birth, they must be expertise in analgesia and anesthesia administration. Prenatal nurses help pregnant women to avoid common health problems of pregnancy, they can educate mother and can suggests some parenting skills. Nurses working in this area must be equipped with some skills including; caring behavior, good communication, decision making capacity, ability to handle emergency condition and must be updated with recent advancement of field.

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