

Abstract

The current essay focuses on risks of prenatal period, such as demise, miscarriages, and stillbirth on nursing practice. Prenatal nursing stands apart in the healthcare system because of extensive and broad knowledge required in medical and physiological spheres. Prenatal nursing helps to prevent potential problems through early detection of them in the patients; this is an important practice, which is vital for healthy pregnancy and birth. It helps to avoid many risks including stillbirth, miscarriage, etc.

Implication for Nursing Role in Prenatal Demise (Miscarriage, Stillborns)

The current essay deals with implication of prenatal period and its risks, including prenatal demise, miscarriages, and stillbirth on nursing practice.

Prenatal nursing is an important medical practice, which requires excellent knowledge of natal process, maternity and nursing care in general. Prenatal nurses play an essential role in providing for future mothers during and after their pregnancy. Prenatal nursing process is vital because of nurses' ability to detect early signs of prenatal problems, which may lead to miscarriages, stillbirth and prenatal demises. Prenatal nurses can do many helpful tasks including teaching natural techniques of birth, monitoring pregnancy, giving emotional and physical support, and promoting bonding of child and mother after its birth.

Prenatal nursing, as we can see, is directed against potential problems and helps to prevent them through early detection, stimulating treatments and various screening, using adequate exercises, nutrition, vitamin utilization, etc. Prenatal nurses create active and flexible schedule for women to visit specialists, hospitals, making regular surveys and analysis.

It should be noted that prenatal nursing plays a crucial role in reducing the number of prenatal deaths; various birth effects and the low weight at birth. Prenatal nurses do everything possible to prevent infant problems.

Prenatal mortality is higher where good prenatal testing and caring practices are not implemented. This proves the fact that prenatal nursing is important in modern days where future mothers came through various health problems.

Prenatal nurses, as it was noted above, should have sufficient knowledge and skills to guarantee stable prenatal period. For instance, among various prenatal

practices one is consuming at least 400 mcg of the folic acid, which is used to prevent the neural tube defect.

Prenatal nurses should guarantee that prenatal care consists of permanent screening, analyses and visits to prenatal specialists. In detail, it should consist of the monthly visits during several first trimesters (1-28 week); biweekly visits after of 30 weeks of pregnancy and weekly visits after 36th week and until birth.

Prenatal nursing also includes emotional and physiologic preparation of future mother to various examinations, which are made in prenatal period to define the quality of prenatal process, fetus development and woman's general condition.

Principal physical examination should cover collection of the future mother medical history, checking her blood pressure, her weight and height, conducting pelvic exams, making urine and blood tests, holding discussions with the caregiver.

During the second trimester of prenatal period obstetric ultrasounds are often made and nursing specialists take important part in mothers' preparation for them including taking necessary tests and procedures. Ultrasounds are used for monitoring the process of pregnancy and are considered to be relatively safe.

Ultrasounds are used in prenatal practices for checking for the multiple fetuses, determining its sex, assessing possible problems and risks for mother (including miscarriage, ectopic pregnancy, blighted ovum, etc., checking for the fetal malformation and possible demise (including spina bifida, cleft palate, etc.). These prenatal practices are also often used for determining whether any growth retardation factors exist and the ways for their overcoming. Besides, with the help of the ultrasound and active part of nursing specialists the development of fetal body is tracked including such organs as liver, heart, stomach, skull, etc.

Furthermore, during prenatal period a check of the amniotic fluids and the umbilical cord for possibly existing problems is conducted and the due data of birth based on other analyses and tests is determined. In addition, prenatal nurses play active part in organization of prenatal practices, procedures including diet, exercises, regular visits of specialist etc. Ultrasound is used on different stages of pregnancy depending on its character and current situation. It may be used to determine further direction of prenatal care and development.

It is important to note that prenatal nurses should be aware of the most common situations, which may lead to the termination of pregnancy due to health problems. Miscarriage is one of the most widespread situations. Professional prenatal nurses know that one of the basic symptoms of miscarriage is the bleeding which may be a sign of threatened abortion. If bleeding occurs, the most likely consequence is miscarriage, but not always bleeding leads to or signifies miscarriage possibility. Miscarriage possibilities may be detected by ultrasound and prevented if necessary actions are taken by specialists – nurses play important role in signaling these risks (Hutchon, 1998).

Another risk which prenatal nurses should be aware of is stillbirth. The main symptom of it is the decrease or complete cessation of the fetal activity. The minor changes in this activity may be detected using fetoscope or doptone and various instruments for electronic fetus monitoring (Lahra et al., 2007).

It should be noted that stillbirth if detected lately may cause severe threat to woman's health and life, and hence fetus's death revelation should be a primary responsibility of prenatal specialists. Besides, women may suffer from strong emotional and psychological stress being aware of them carrying dead child. Thus, nurses should play important function of counseling.

As our research shows, prenatal nursing is an important practice, which is necessary for guaranteeing healthy pregnancy and birth. It helps to avoid many risks including stillbirth, miscarriage, etc. and requires excellent medical and counseling skills on the part of nurses.

References

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