



**Al-Ahliyya Amman University**

**Faculty of Nursing**

**Clinical Training Portfolio For  
Maternal Health Nursing / Clinical**

## Introduction

The portfolio assists Faculty Members, Clinical Instructors and Hospital Preceptors by telling them exactly what the nursing student can do and to continuously monitor nursing students' performance. The portfolio is a means of documenting nursing students' achievements throughout the different years of education.

Nursing students will be trained under supervision of the Faculty Member and the Clinical Instructor. The student is required to learn and implement all kind of skills. The portfolio provides documentation on how students perform required nursing skills. It provides an opportunity for students to document, in the form of reflection, their own assessment of clinical learning for each course. The skills which will not be achieved as mentioned in the course for any reason. The clinical instructors will try to encourage students to pick up what missed before. Students will be assigned direct patient care depending on their level of learning and experience. Students should not accept any nursing duties outside of their educational preparation, if this may happen, students should discuss this with the Clinical Instructor and /or the Faculty Member.

### **Benefits of the Portfolio:**

1. A mean of facilitating the development of students' accountability and autonomy  
It has the potential to encourage students to take more responsibility for the direction, progress and quality of their learning, in addition to the development of better study skills
2. Encourages greater student involvement in decisions about the curriculum as well as about individual progress.
3. A focus for discussion: Used as a focus for discussion between the student and clinical instructor. It can help strengthen this relationship, as well as leading to a better learning experience for the student.
4. A vehicle for the development of reflective skills: Reflection on experience needs to be central to the portfolio development.
5. A mean of assessment that leads to improvements in practice and facilitate students taking control over their own learning.

**DIRECTIONS:** For successful completion of each course (see syllabus), all clinical skills listed specifically for that course in the checklist must be signed off. The checklist should be reviewed with clinical instructors at the beginning and completion of each clinical course unless directed otherwise. It is the student's responsibility to ensure that skills for each course are completed and signed off by the instructor. The student is also responsible for ongoing maintenance of this record. These checklists are retained and maintained by the student. Updated copies of the checklist are placed in the portfolio binder at the completion of each clinical course throughout the BSN program. We suggest that at the end of each semester you make a copy of this checklist and have the copy placed in student services in your file. This way, if the checklist is misplaced there is a copy on file. When signing off skills instructors and student should put initials and date in the appropriate section for each skill and sign. Signatures for "Achieved/ Not achieved" indicate the student has been checked off as competent in the laboratory setting as basic or simulation labs or in clinical settings.

### Nursing Course: Maternity Health Nursing/clinical:

Students are expected to have the opportunity to demonstrate selected skills during Maternity Nursing clinical placement.

| Knowledge Skills, and Attitude                                                                                                                                                                                                  | Name of the procedure on Lippincott's platform                                                                                                                                                                                                                                                                | Achieved | Student signature | Instructor signature |
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| <b>Antenatal Care:</b>                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                               |          |                   |                      |
| Take history from a pregnant mother                                                                                                                                                                                             | Health history interview and physical assessment                                                                                                                                                                                                                                                              |          |                   |                      |
| Perform physical assessment (Head to Toe)                                                                                                                                                                                       | Health history interview and physical assessment                                                                                                                                                                                                                                                              |          |                   |                      |
| Measuring and recording of <ul style="list-style-type: none"> <li>Vital signs</li> <li>Height</li> <li>Weight</li> <li>Urine test</li> </ul>                                                                                    | <ul style="list-style-type: none"> <li>Blood pressure measurement</li> <li>Pulse assessment</li> <li>Temperature measurement</li> <li>Respiratory assessment</li> <li>Pain assessment</li> <li>Height measurement</li> <li>Weight measurement</li> <li>Urine specimen collection, pregnant patient</li> </ul> |          |                   |                      |
| Inspect abdomen <ul style="list-style-type: none"> <li>Size and contour</li> <li>Skin changes (stria &amp; linea nigra)</li> <li>Previous scar</li> <li>Umbilicus</li> </ul>                                                    | Health history interview and physical assessment                                                                                                                                                                                                                                                              |          |                   |                      |
| Estimation of fundal height & Calculate an EDD                                                                                                                                                                                  | leopold maneuver                                                                                                                                                                                                                                                                                              |          |                   |                      |
| Palpate abdomen (abd. maneuver) <ul style="list-style-type: none"> <li>Fundal Palpation</li> <li>Lateral Palpation</li> <li>Pelvic Palpation</li> <li>Pawlik's Palpation</li> </ul>                                             | Fetal heart rate monitoring, auscultation                                                                                                                                                                                                                                                                     |          |                   |                      |
| <b>Labor &amp; Delivery Care</b><br><b>Admission of patient in labor:</b> <ul style="list-style-type: none"> <li>Measuring and recording of vital signs</li> <li>Palpate the abdomen</li> <li>Assessing contractions</li> </ul> | <ul style="list-style-type: none"> <li>Labor, Care during-Stages of labor.</li> <li>Amniotomy, assisting</li> <li>Cesarean birth, emergent, assisting</li> </ul>                                                                                                                                              |          |                   |                      |

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| <ul style="list-style-type: none"> <li>• Test urine</li> <li>• Administering Fleet enema as indicated</li> <li>• Establishing an IV/ collection of blood works</li> </ul> <p>Prepare patient for emergency Caesarian Section if needed</p>                                                                |                                                                                                                                                                                                                                  |  |  |  |
| <p>Management of patient in labor:</p> <ul style="list-style-type: none"> <li>• Applying CTG machine</li> <li>• Monitoring contraction and fetal heart rate</li> <li>• Assessment of fetal distress</li> <li>• Interpreting CTG reading &amp; reporting abnormalities</li> </ul> <p>Fill in Partogram</p> | <ul style="list-style-type: none"> <li>• Labor, Care during-Stages of labor.</li> <li>• Contraction stress test</li> <li>• Vaginal examination during labor</li> </ul>                                                           |  |  |  |
| <p>Administering Analgesia:</p> <ul style="list-style-type: none"> <li>• Inhalation analgesia</li> <li>• Narcotics</li> </ul> <p>Preparing trolley for:</p> <ul style="list-style-type: none"> <li>• Delivery</li> <li>• Suturing</li> </ul>                                                              | Emergency delivery                                                                                                                                                                                                               |  |  |  |
| <p>Care of mothers during first, second and third stage of labor</p> <ul style="list-style-type: none"> <li>• Witness vaginal examination</li> <li>• Inserting urinary catheter</li> <li>• Assist with normal vaginal delivery</li> </ul> <p>Inspection of placenta &amp; collection of cord blood</p>    | <ul style="list-style-type: none"> <li>• Breathing techniques during labor</li> <li>• Birthing ball use</li> <li>• Bladder catheterization during labor</li> <li>• Labor, care during</li> <li>• Placenta examination</li> </ul> |  |  |  |
| <p>Auscultate &amp; record fetal heart rate using Pinard &amp; Doppler</p>                                                                                                                                                                                                                                | Fetal heart rate monitoring, auscultation                                                                                                                                                                                        |  |  |  |
| <p>Examine Lower Extremities</p> <ul style="list-style-type: none"> <li>• Edema</li> <li>• Deep Vein Thrombosis (DVT)</li> <li>• Varicose Veins</li> </ul>                                                                                                                                                | Health history interview and physical assessment                                                                                                                                                                                 |  |  |  |
| <p>Immunizations (tetanus toxoid TT)</p>                                                                                                                                                                                                                                                                  | <ul style="list-style-type: none"> <li>• Immunizations</li> </ul>                                                                                                                                                                |  |  |  |
| <p>Witness prophylaxis Supplement</p> <ul style="list-style-type: none"> <li>• Iron Folate</li> <li>• Folic Acid</li> </ul>                                                                                                                                                                               | <ul style="list-style-type: none"> <li>• Medication</li> </ul>                                                                                                                                                                   |  |  |  |
| <p>Antenatal assessment and care of a high risk pregnant woman</p> <ul style="list-style-type: none"> <li>• Anemia</li> <li>• Gestational Diabetes</li> </ul>                                                                                                                                             | <ul style="list-style-type: none"> <li>• Blood glucose monitoring</li> <li>• Deep tendon reflex assessment, pregnant patient</li> </ul>                                                                                          |  |  |  |

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| <ul style="list-style-type: none"> <li>Pregnancy Induced Hypertension (Eclampsia)</li> <li>Bleeding Disorders</li> <li>Hyperemesis Gravidarum</li> </ul>                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                     |  |  |  |
| Assist with non- stress test<br>Conduct health education classes<br>Conduct antenatal exercise class                                                                                                                                                                                                                                                                                        | <ul style="list-style-type: none"> <li>Non-stress test</li> </ul>                                                                                                                                                                                                                                                                                   |  |  |  |
| <b>Providing immediate newborn care:</b> <ul style="list-style-type: none"> <li>Checking &amp; preparing newborn resuscitation</li> <li>Suction the baby</li> <li>Providing eye care</li> <li>Administering of oxygen as indicated</li> <li>Assessing Apgar score</li> <li>Examining the newborn</li> <li>Bathing and hygiene care</li> <li>Feeding</li> <li>Umbilical cord care</li> </ul> | <ul style="list-style-type: none"> <li>Apgar scoring</li> <li>Delivery room resuscitation, neonatal</li> <li>Eye prophylaxis, neonate</li> <li>Vitamin K administration, neonate</li> <li>Weight measurement, neonate</li> <li>Alternative feeding methods for the term neonate</li> <li>Bottle-feeding a neonate</li> <li>Breastfeeding</li> </ul> |  |  |  |
| Measuring the baby for following: <ul style="list-style-type: none"> <li>Head circumference</li> <li>Weight and Height</li> <li>Inspecting umbilical cord</li> <li>Applying identification of newborn</li> </ul>                                                                                                                                                                            | Newborn assessment                                                                                                                                                                                                                                                                                                                                  |  |  |  |
| <b>Post-partum Care</b> <ul style="list-style-type: none"> <li>Check vital signs</li> <li>Assess vaginal discharge(Lochia)</li> <li>Fundal massage</li> <li>Perineal care</li> <li>Episiotomy care</li> <li>Assess DVT</li> <li>Assist mother to put baby to breast</li> </ul>                                                                                                              | <ul style="list-style-type: none"> <li>Episiotomy care</li> <li>Perineal care, postpartum</li> <li>Rho(D) immune globulin administration</li> <li>Sitz bath</li> </ul>                                                                                                                                                                              |  |  |  |
| Prepare the mother and baby for discharge: <ul style="list-style-type: none"> <li>Health education as need</li> <li>Family planning advice</li> <li>Follow up care</li> </ul>                                                                                                                                                                                                               | <ul style="list-style-type: none"> <li>Discharge</li> <li>Parent-neonate bonding</li> </ul>                                                                                                                                                                                                                                                         |  |  |  |
| <b>Documentation</b><br>Filling in the birth register<br>Filling in the obstetrical booklet<br>Filling in the newborn documentation                                                                                                                                                                                                                                                         | Documentation                                                                                                                                                                                                                                                                                                                                       |  |  |  |