

All Cases For

Maternity and Women's Health Care (Maternity & Women's Health Care) 13th Edition by Deitra Leonard Lowdermilk

Cases 1-12

Case 1 The Menstrual Cycle

A nurse is providing health education to a group of college students who are members of a campus sorority. As part of a class on reproductive health, the nurse would like to teach the young women about the menstrual cycle.

Question 1

Complete the following sentences by choosing the missing information from the list of options provided.

The first day of menstruation is designated as day ____1____ of the menstrual cycle and the average duration of menstrual flow is ____2____ days. The average length of the menstrual cycle is ____3____ days with ovulation occurring on about day ____4____. The ____5____ part of the menstrual cycle is when a woman is most likely to be fertile and may become pregnant. Important hormones involved in the menstrual cycle include ____6____ and ____7____.

Options for 1	Options for 2	Options for 3
28	5	14
1	14	7
14	7	28

Options 4	Options for 5	Options for 6	Options for 7
28	beginning	progesterone	serotonin
7	middle	insulin	estrogen
14	end	cortisol	prolactin

Case 1 The Menstrual Cycle

Answer Key

Question 1

Options for 1	Options for 2	Options for 3
28	5	14
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Options 4	Options for 5	Options for 6	Options for 7
28	beginning	progesterone	serotonin
7	middle	insulin	estrogen
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Case 2 Providing Culturally Appropriate Care

Question 1

Use an X for the nursing actions listed below that are Indicated (appropriate or necessary), Contraindicated (could be harmful), or Non-Essential (makes no difference or not necessary) for the conversation between the client and the nurse through the interpreter.

Nursing Action	Indicated	Contraindicated	Non-Essential
Assume that the client's daughter will serve as the interpreter for the nurse since she is bilingual			
Ask the client about her preferences regarding her daughter remaining in the room during the conversation			
Engage in eye contact and address the client while speaking			

through the interpreter			
Ask the client about her immigration status			
Ask the client's daughter if she has any children of her own			
Encourage the interpreter to take the lead on client teaching because they often work on the unit and are familiar with client care			
Share printed information in Spanish with the client as she prepares for discharge			

Case 2 Providing Culturally Appropriate Care

Answer Key

Question 1

Nursing Action	Indicated	Contraindicated	Non-Essential	Rationale
Assume that the client's daughter will serve as the interpreter for the nurse since she is		X		It is best practice to utilize the services of a professional interpreter. In emergency

bilingual				situations, it may be appropriate to ask a family member to interpret. It is important to be sure that the client is comfortable with the family member serving in this capacity.
Ask the client about her preferences regarding her daughter remaining in the room during the conversation	X			It is always best practice to ask clients if they would like others to step out of the room during conversations about their health care.
Engage in eye contact and address the client while speaking through the interpreter	X			Non-verbal body language is important when communicating with clients through an interpreter. Eye contact and speaking directly to the client rather than the interpreter shows that the nurse is engaging with the client and addressing them rather than the interpreter.
Ask the client about her immigration status		X		This question is, culturally biased and inappropriate. Further, asking this question may cause stress and fear for clients who are undocumented.
Ask the client's daughter if she has any children of her own			X	This question is not necessary or relevant to the nursing care being provided