

**When Birth Doesn't Meet Expectations**  
**ROLE PLAY SCENARIOS: RN and Patient Role**

**SCENARIO #1: Emergency Cesarean Birth**

**RN Role**

**S:** A 40 y/o G1P0 Patient being induced at 37 weeks for gestational hypertension, oligohydramnios and IUGR

**B:** Pt induced with Oxytocin x 6 hours. SVE: 2/60%/-2. Noted recurrent variable decelerations, prolonged deceleration after SROM occurring now

**A:** Despite IV fluid bolus, oxytocin discontinued, oxygen delivered and a lateral position change, the FHR remains in the 60's x 3 minutes, SVE revealed the patient to be 3/90%/-1

**R:** Pt needs to be transferred to the O.R. for potential Cesarean Birth

**Patient Role**

You are very nervous about being induced as they said your blood pressure was "high" and your baby isn't growing as it should. When you get to the hospital to start the induction, you are apprehensive, but your nurse seems to know what she is doing. However, after a few hours of being induced, your nurse has you change your position often because "the baby isn't tolerating that position too well." What does that mean? Is my baby ok? Now your nurse looks concerned, she is changing my position, putting an oxygen mask on my face (for what!?) and a lot of people enter the room. What is going on???

**SCENARIO #2: Scheduled Cesarean Birth**

**RN Role**

**S:** Your patient today is here for a repeat Cesarean Section

**B:** She is a 30 y/o G3P2 at 39 weeks for her third Cesarean section.

**A:** . Your patient seems nervous and you don't know why. It's her third C/S. Her VS as stable and she's afebrile. FHR baseline is a Category I tracing.

**R:** Everything seems to be going well, but despite your best efforts, your patient remains nervous

**Patient Role**

You are going in for your third Cesarean Birth today. This should be routine by now, but after the last time, you are nervous. This was an unplanned pregnancy. However excited I am, I still can't help but worry. After my last delivery they had to administer oxygen and breathe for my baby. They kept him for a long time and I was never able to see him until after I got out of the Recovery room. When I got there he had an IV placed. Something about low blood sugars. He ended up being fine, but I wasn't. I truly missed bonding with him and it affected me postpartum. I obsessed about it a lot. I think I was depressed but didn't tell anyone. I'm scared to death this will happen again.

### SCENARIO #3A Preterm Birth

**S:** A 20 y/o G3P2 arrives to the unit at 27 weeks gestation with potential SROM

**B:** Pt is a current Meth user, She came in c/o "leaking water" and is contracting every 2-3 minutes

**A:** FHR baseline is 150 with minimal variability and is currently leaking copious amounts of clear amniotic fluid, she is also c/o pain but seems high

**R:** A consult to the OB Provider is in order to address her PTL status and the need to be started on Magnesium Sulfate and a tocolytic, Social Services needs to be contacted as well

#### Patient Role

Life is hard. It's always been hard. I'm addicted to drugs and despite being pregnant, my addiction wins. My boyfriend left me yesterday and I've been on a binge. Wouldn't you know after using, my water broke. Oh well, this baby will be taken care of in the hospital like my other two were. I just want to deliver this baby because I'm crawling out of my skin to use again.

### SCENARIO #3B Preterm Birth

**S:** A 20 y/o G1P0 arrives in the unit c/o cramping and back aches at 27 weeks gestation

**B:** You notice the patient contracting every 2-3 minutes. Your patient is crying and terrified.

**A:** FHR baseline is 150 with minimal variability and is currently leaking copious amounts of clear amniotic fluid. She's c/o pain with her contractions and keeps stating "please, please don't let me deliver my baby! She's not ready yet!"

**R:** A consult to the OB Provider is in order to address her PTL status and the need to be started on Magnesium Sulfate and a tocolytic

#### Patient Role

You woke up this morning not feeling right. You began feeling some back aches early but figured you slept funny. After a couple of hours, you noticed some abdominal, period-like cramping. You got scared. You are only 27 weeks pregnant- you can't deliver now. You have been dreaming of being a mother all your life. What will happen if she's born now? This can't be happening to me. My husband and I have wanted to start a family as soon as we got married. He loves kids and is in college to be an Elementary school teacher. On our way to the hospital, I felt wet in my underpants. I'm shaking with fear.

#### **SCENARIO#4 Shoulder Dystocia**

**S:** Your patient has been pushing for two hours

**B:** Pt is a G1Po at 41 weeks gestation in spontaneous labor

**A:** The baby's head is crowing, and now has delivered, but you noticed the "turtle sign"

**R:** You recognize the shoulder dystocia and decrease the head of the bed, and put the patient in McRoberts position and applied supra pubic pressure per the midwife's direction

#### **Patient Role**

I'm exhausted and ready for this baby to come out. I felt the baby deliver but then my nurse and the midwife looked concern. Before I knew it, my nurse put my head down and brought my legs back and started pushing on my stomach. I heard someone say my baby is stuck. What is going on?

#### **SCENARIO #5 Transfer of care outside of hospital for mom**

**S:** You work in a hospital that provides Level 1 Nursery Care

**B:** A 28 y/o G2P1 patient that is 27 weeks pregnant arrived today from the office for a Gestational Hypertension workup

**A:** Your patient's BP was 210/114, and her urine dipstick was 3+, her AST/ALT was 140, Creatinine was 1.9, and platelets were 50,000

**R:** You notify the attending Provider for potential transport to another facility capable of handling the delivery

#### **Patient Role**

You missed your last OB appointment because of work. I haven't felt well the past couple of days and today was no different. Something feels "off" and you decided to call your OB. They got you in and said your blood pressure was "really high" and sent you to the hospital for further evaluation. Your blood pressure was really high there and they said your lab values were "not good" and because of that along with how early I am in my pregnancy that I have to transfer to another hospital that can care for my baby when it's born. When it's born? Can't they do something to stop this? Won't I get better? I don't know anyone at the hospital across town. My OB provider doesn't work there. What is going on? I'm so nervous. My husband is at work and in an important meeting. Do I call him? What is happening to me? I'm too early to deliver this baby!

### **SCENARIO #6 Transfer of care of baby to another hospital**

**S:** You work in a hospital that provides Level 1 Nursery Care

**B:** A 28 y/o G2P1 patient with Gestational Diabetes comes in for a scheduled repeat C/Section at 39 weeks gestation

**A:** The C/Section went well, but the baby came out grunting and retracting and not able to maintain it's oxygen saturation on room air as well as can't maintain it's blood sugars and needed an IV. The baby is now on CPAP and IV Dextrose and your Level I Nursery is unable to care for this baby

**R:** Because the baby has now been on CPAP for over 4 hours and it's not able to maintain a stable blood glucose, it falls out of Level 1 Nursery care and needs to be transferred to another facility

#### **Patient Role**

You are so excited for this delivery. Your 3 y/o daughter is super excited for a baby brother. It's nice to come into a relaxed, calm, scheduled-like environment for this delivery. Last delivery was so chaotic being whisked to the O.R. Today is much more relaxed and my entire family is here. The delivery went fine, but for some reason, my son needs help. I could hear him breathing loudly on the warmer where I was at. They said something about him working hard to keep his lungs open and then they said his blood sugar level was really low. This is not what I had planned. After a few hours, he didn't get better and now have to transport him to a facility that is better equipped to care for his needs. They are telling me I can't go with my baby. I am his mother, I should be with him, but I just had surgery and can't get out of here. I feel stuck and scared. Why is this happening? I'm frustrated, yet know he will be in good hands. I fearful, sad and worried. I'm a mess.