



## Women's Health

### We Answer the Call: The many roles that nurse's play in a patient's health-care journey

**High Risk Obstetrical/Perinatal Nurse:** The Fetal Assessment Unit is staffed with nurses who have the added skill of sonography. They provide surveillance to high risk pregnant women and their fetuses to ensure the best possible outcome for both. They do everything from genetic testing, risk assessment, grief support, genetic counseling, teaching, intrauterine fetal procedures and most importantly, assuring maternal and fetal wellbeing.

**Ambulatory Care Nurse:** The nurses working in ambulatory care clinic at Women's hospital have a firsthand, unique perspective on issues and patient needs, physically, education, and research. They support all aspects of women's health including reproductive health, prenatal and gynecology care.

**Women's Health Nurse Practitioner:** The Perinatal Mental Health Nurse Practitioners care for patients with mild to moderate mood disorders whether that be anxiety, depression, or patients who are at risk for developing these disorders throughout the perinatal period up to one year postpartum. While they can provide resources as needed and prescribe medications, they also engage with a multidisciplinary team to ensure that patients have all the supports that then need.

**Women's Health Clinical Nurse Specialist:** The Women's Health Clinical Nurse Specialists are at the intersection between clinical practice, education, leadership and research. Their responsibilities are dynamic and shift to meet the needs of their program and patient population. The clinical nurse specialists in the Women's Health Program help improve patient outcomes and promote evidence informed practice working as a member in their inter-disciplinary team.

**L&D Nurse:** The labour and delivery nurses play a special and important role in supporting families through their labour and birth experiences. They have the unique opportunity to provide care and support to patients during both low and high risk deliveries. L&D nursing can be a very fast paced and exciting environment, nurses working in this field often require a wide range of skills that can include labour and delivery assessments, medical management, and assisting in the OR or PACU.

**Gynecology (Gyne) OR Nurse:** The Women's Hospital Gyne OR nurses work in a complex and dynamic environment with specific skills set to provide best patient care through advocating for a patient during vulnerable state. The OR nurses work with an interdisciplinary team with good communication, organization and anticipation skills to carry out successful surgical procedures.

**Women's Hospital PACU Nurse:** They are highly skilled, experienced nurses that specialize in providing care to patients undergoing a wide array of gynecological surgeries. They are committed to providing exceptional care during the pre-operative and post anesthesia period. Preoperatively they assess physical, psychological and social disposition, as well as provide patient education and address patient concerns to ease patient's uncertainty and anxiety. Continuity of care is followed immediately post-op as they care for these patients in the recovery room. They use their critical care experience and skill set to ensure patients are hemodynamically stable, have adequate pain control and anticipate, recognize and manage any anesthesia related complications.

**Mother Baby Unit Nurse:** The Mother Baby unit nurse are your "breast" - friend. They support patients and their families through the entire spectrum of life. They focus on family centered and relationship-based care, welcoming new members and integrating them into the family unit. They support parents with education to feel more confident as they transition to the community.

**Gynecology, Gyne-Oncology and High-Risk Antepartum Nurse:** They care for a wide range of patients in this unit. From early pregnancy concerns and pregnancy loss to gynecology and gyne-oncology conditions and end of life care. On the unit this patient population can be both medical and surgical. The nurse assesses, cares for, supports, provides symptom control, advocates, educates. They work closely with interdisciplinary teams to provide excellent patient care.

**Manager of Patient Care:** Our Women's Health managers support and advocates for the team and the patients. They are a group of dedicated team members who lead by example to build strong nursing teams.

**Nurse Educators:** The Women's Health educators are a collaborative team that can be referred to the "silent back bones" of the units. The educators support the nurses at HSC with new education, safety initiatives and integration of new staff into the teams. The educator team works at collaborating provincially and tirelessly at improving best practice.