



FIRST STEP FAMILY SUPPORT CENTER

PO Box 249 · Port Angeles, WA 98362 · (360) 457-8355

Maternity Support Services - RN

QUALIFICATIONS:

Current licensure in the State of Washington as a Registered Nurse is required.

JOB DESCRIPTION:

Maternity Support Services (MSS) nursing is a practice discipline where the client is believed to be a bio-psychosocial, cultural, and spiritual being whose health and illness continuum are interactive with family and environmental conditions. MSS community health nursing should reflect a self-care orientation where the nurse supports the woman in accomplishing self-care and decision making for the health and wellbeing of herself and infant during pregnancy and the post pregnancy period. Nursing services should be offered within an individualized, family centered, community based and culturally competent framework.

The community health nurse's role includes:

1. Screening for high risk factors and providing nursing assessment of the pregnant/parenting woman and infant.
2. Initiating, consulting and/or participating in development, implementation, and evaluation of client service plan depending on the primary needs of the woman and/or infant, and referring client to other team members as risk factors and plan indicate.
3. Providing preventive health education. Topics should include but are not limited to:
 - a. Self-care during pregnancy and postpartum period including recognition of warning signs of complications or early labor
 - b. Care of acute or chronic illness
 - c. Pregnancy planning and family planning methods
 - d. Parenting and health care for the infant including accident prevention and SIDS risk reduction
 - e. Recognition of signs of stress and interventions to moderate stress
 - f. Symptoms of depression and appropriate resources to address them
4. Providing support, advocacy, referral, and linkage for health care needs of the mother and infant with primary medical care provider and community. (Case Management services).
5. Providing nursing care consultation to the MSS interdisciplinary team regarding health care needs of the woman in the pregnancy cycle, her infant, and family.
6. Participating in quality assurance activities and system development within the MSS/ICM agency.

ESSENTIAL FUNCTIONS:

Screening /Assessment:

Assure that a client centered, culturally sensitive, pregnancy risk screening is done on all MSS clients. As indicated, a maternal child health nursing assessment should be completed on women/infants

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identified as having medical risks. A nursing assessment should focus on the risk factors identified in Core Services and could include questions exploring the following:

- Health Perception/Health Management: i.e. breast feeding intentions, compliance with medical care, immunizations, environmental risks, health history
- Nutritional/Metabolic: i.e. anemia , weight gain, gestational diabetes
- Elimination: i.e. Urinary tract infection, frequent urination, constipation
- Activity/exercise: i.e. exercise routine, activity intolerance, resources
- Sleep/Rest: i.e. Adequate sleep and rest, sleep pattern disturbances
- Cognitive/Perceptual: i.e. problem solving abilities, understanding changes during pregnancy/postpartum.
- Self-perception: i.e. anxiety, fatigue, fear, loneliness
- Role/Relationships: i.e. isolation, grieving, history of altered parenting, support system
- Sexuality/Reproductive: i.e. safe sexual practices, dysfunction during pregnancy, family planning decisions
- Coping/Stress tolerance: i.e. current/past sources of stress, coping skills
- Values/Beliefs: Beliefs regarding health care, future goals, cultural practices related to parenting and health care.

Health education interventions:

Provide health education interventions as a part of nursing visits in either the home or clinic setting.

Documentation:

Maintain clinical records that contain completed risk screening, health education messages and linkages, nursing assessments, documentation of any case-conferencing and interdisciplinary service care plans, nursing interventions, follow-up care and outcomes of interventions. Application of legal mandates for reporting abuse/neglect must be documented.

Team Participation:

Cooperate, coordinate, communicate and provide standardized care through the interdisciplinary team interventions to enhance Maternity Support Services capacity for client-centered, continuous and reliable care. Assign and monitor activity of CHW related to nursing issues and document.

Policy and System Development:

Provide administrators and policy makers with data regarding health care needs of the MSS/ICM client population, develop positive relationships with other provider organizations serving the population and provide leadership in promoting collaboration between community and state wide agencies.

Knowledge and Skills:

General for pregnancy, post-pregnancy, and infant care up to two months of age.

1. Effective oral and written communication skills.
2. Assessment skills to perform health education in clinic, office, and home or community setting.
3. Counseling skills to recognize and support health behavior change.
4. Awareness and decision-making abilities for assessing risk to self from client or unfolding situation.
5. Knowledge of pregnancy, family planning, post-pregnancy issues, infant care, parental adjustments.

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6. Ability to form and sustain effective relationships with clients, team members and community health and social service providers.
7. Understanding of maternal infant health nursing, community based health systems, and community's socio-economic system.
8. Ability to be flexible, manage time, resources, and client caseload.
9. Demonstrate respect and appreciation for diversity (culturally relevant, anti-bias, and multicultural).
10. Demonstrate a willingness/ability to work with the interdisciplinary MSS team to provide optimum care.

QUALIFICATIONS:

MSS Community Health Nurse must be a Registered Nurse in the State of Washington.

The RN license needs to be renewed annually. Working without a current license may result in a fine for the individual and an overpayment for services billed.

Must have valid driver's license, working vehicle, and current auto insurance.

Able to walk up stairs and to lift 25 pounds.

Must pass background check.

HOURS: 20 hours per week

HOW TO APPLY: Please send your resume to employment_fstep@olypen.com. No calls please.

DISCLAIMER: While the goal of all First Step Family Support Center job descriptions is to provide an accurate and detailed summary of the duties and responsibilities of the position, other duties may be required of all First Step personnel.

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