

ECH/MOMS/ASPIRE

Maternal Outreach Mood Services

Instructor . 85AL

Rebecca Sherwood
408 864-8633

Clinical Attendance Sheet

NURS 85AL

Psychiatric Mental Health Nursing

Student name (print): _____

Rotation (check one): InPt ____ PHP ____ OATS ____ MOMS ____

Quarter and Year: Fall ____ Winter ____ Spring ____ YEAR _____

Sequence: First 6 weeks ____ Second 6 weeks ____

Clinical Hours Log

Day of the Week	Date	Time In	Time Out	Total Daily Hours (minus lunch)
Total Clinical Hours Attended:				

Student Signature: _____

Date: _____

NOTE: First 6 weeks = 90 hours; Second 6 weeks = 75 hours

EL CAMINO HOSPITAL OUTPATIENT MOMS/ASPIRE ROTATION

De Anza College Nursing Student Schedule for MOMS/ASPIRE:

Tuesday:

0900 - 0930 Start in MOMS unit. Update client information from last week for care plan.

0930 - 1000 Set up group room with tables/chairs per therapist's planned activity for the number of patients for the day. (This can be art, clip boards, etc.) Turn the overhead lights off after turning on the 4 ambient lights around the outer edges of the room.

1000 - 1030 Prepare a tray with fruits, juices, crackers, peanut butter cups, and water pitcher for group room.

1030 -1200 Attend group activity. (Please do not comment during group sessions unless asked to participate.)

1200 -1230 Bring in lunch from the refrigerator for patients. Have your lunch with patients in the group room.

1230 -1330 Next group session with MOMS group. This room should be cleaned up by MOMS' staff for ASPIRE group.

1330 - 1430 Attend ASPIRE team meeting in meeting room (art supply room).

1430 - 1500 Greet, take sitting VS, and blind weight for all ASPIRE patients. ID patient with first name, first initial of their last name, and date of birth. (If new patient, full assessment including standing B/P and BMI will need to be completed with Jeanie. Complete orthostatic B/P if patient is feeling faint.)

1500 – 1630 Recreation group for ASPIRE patient. Continue taking VS for all patients until completed. Attend ASPIRE group session after VS and end your day.

Wednesday:

0900 - 0930 MOMS unit only. Update any chart information for care plan.

0930 - 1000 Set up group room with tables/chairs per therapist's planned activity for the number of patients for the day. (This can be art, clip boards, etc.) Turn the overhead lights off after turning on the 4 ambient lights around the outer edges of the room.

1000 - 1030 Prepare a tray with fruits, juices, crackers, peanut butter cups, and water pitcher for group room.

1030 - 1200 Attend group activity. (Please do not comment during group sessions unless asked to participate.)

1200 -1230 Take both sitting and standing B/P with pulse and weight. ID patient with first name, first initial of their last name, and date of birth. (Blind weight for those specified. Ask therapist or nurse – Kathy or Terry. Full assessments including standing B/P, waist and BMI to be completed with nurse – Kathy or Terry.)

1230 – 1330 Next group session with MOMS group. Clean up group room before leaving for the day.

Thursday:

0930 – 1030 Attend MOMS team meeting. May contribute information to this meeting if you would like.

What to expect if going into MOMS/ASPIRE.

- **You will most likely be working independently from other students and report any abnormal vital signs to both nurse in charge and Rebecca.**
- You will need to request to be assigned to a MOMS patient. Request this as soon as possible with the staff. Rebecca will have had some discussion with you regarding the need to be able to assess as soon as possible.
- Once assigned to a patient, you will arrange a one on one time for you to spend with the patient. This happened on Wednesday afternoons for me because I had time after group sessions. It will be at the patient's convenience.
- You will not be actively commenting during the group sessions unless asked for participation by therapist/psychologist.
- During your one on one session with your assigned patient, you will be able to ask or comment on any topic you are comfortable discussing.
- Your time in MOMS/ASPIRE will be mostly spent in observation during groups. This is a great time to "pick-up" on evaluations for your patient. What evaluations for your diagnoses you are unable to "pick-up" on, you are welcome to ask during one on one.
- Tuesday is a busy day. You will be going straight from MOMS' afternoon session to the ASPIRE team meeting. This is a great opportunity to observe the ASPIRE team work in collaboration with one another. After the team meeting, you will be greeting and taking vital signs for the kids arriving for ASPIRE program.
- Wednesday is just MOMS. This was my day for one on one with my assigned patient.
- Thursday is the MOMS team meeting. This meeting time was changed once to accommodate the Dr., but it is mostly 1 hour.

Please see the schedule for a more detailed to do for each group. Good luck.

Adjusting to the birth of a baby can be challenging. Making room for a new addition to the family, getting by on less sleep, helping siblings get used to their new little sister or brother. These are all typical hurdles many new mothers face. But for some women, pregnancy and childbirth bring emotional and psychological changes so overwhelming, they just don't feel like themselves. They may be depressed, exhausted, weepy, and anxious. The Women's Hospital's Maternal Outreach Mood Services program offers counseling for expectant and new mothers in a supportive and nurturing environment, and helps restore the joy that motherhood can bring.

About El Camino Hospital

As an independent, nonprofit hospital with campuses in Mountain View and Los Gatos, we are empowered to do whatever it takes to bring you the finest quality care. Our administrative leadership helps foster a dynamic, collaborative environment. Our world-class physicians actively seek out the latest treatments and technologies to benefit our patients. And all of our nurses, staff and volunteers share our commitment to excellence. Together, we do our utmost to bring you compassionate, comprehensive medical care that is truly state-of-the-art. Our key medical specialties include cancer care, heart and vascular services, neuroscience, genomic medicine, urology, ophthalmology, orthopedic and spine surgery, and women's health.

For a more detailed look at our capabilities, please visit our Web site at www.elcaminohospital.org.

2500 Grant Road
Mountain View, CA 94040

800-216-5556
www.elcaminohospital.org

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Maternal Outreach Mood Services



BEHAVIORAL HEALTH SERVICES

Prenatal and Postpartum
Depression and Anxiety
Treatment Program



El Camino Hospital
THE HOSPITAL OF SILICON VALLEY



El Camino Hospital
THE HOSPITAL OF SILICON VALLEY



Location

El Camino Hospital Behavioral Health Services,
2660 Grant Road, Suite D,
Mountain View, California.

Contact information

If you are concerned that you might have prenatal/postpartum depression or anxiety, or if you are struggling with the transition to motherhood, please contact us for a complimentary consultation. Call 650-988-7841 or 866-789-6089 (toll-free).

About our programs

Between 10 and 20 percent of women experience prenatal or postpartum depression. Many new mothers spend a lot of time home alone with their little ones and may feel especially lonely and isolated. The Maternal Outreach Mood Services program offers a day treatment program that helps women understand that the depression and anxiety are not their fault, and that many women struggle with similar emotional challenges. The Maternal Outreach Mood Services program includes group, couples, and individual counseling to encourage the development of positive coping skills. Medication evaluation is also available. Some of the Maternal Outreach Mood Services groups even encourage the moms to bring their babies along. Most insurance plans cover the cost of the program. Psychiatrist fees are separate from hospital program fees.

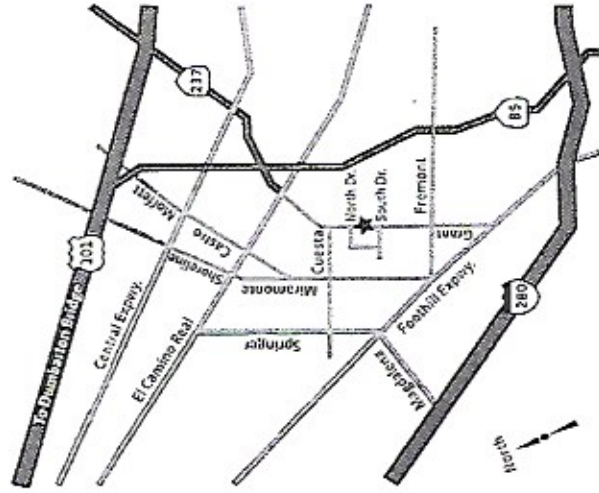
Our staff

The Maternal Outreach Mood Services program is a collaboration between the Women's Hospital's Maternal Child Health Services and El Camino Hospital's Behavioral Health Services. The experienced, caring staff includes clinical nurse specialists, marriage and family therapists, and psychiatrists who have expertise in pregnancy and postpartum mood problems.

Group program

The Maternal Outreach Mood Services program addresses topics that are especially relevant to new moms, including:

- Self-care (e.g., sleep, nutrition, exercise)
- Relaxation skills
- Realistic expectations of motherhood
- Communication with in-laws and relatives
- Couple's conflict
- Enhancing mother-baby attachment
- Stress management
- Role transitions



Need a psychiatrist or therapist referral?

Visit our Web site or call the
El Camino Hospital Health Line

Women's Hospital, 2485 Hospital Drive, Mountain View
www.elcaminohospital.org/women
650-988-7841



El Camino Hospital
THE HOSPITAL OF SILICON VALLEY



2500 Grant Road, Mountain View, CA 94040-4378

MATERNAL OUTREACH MOOD SERVICES

WEEKDAY INTENSIVE OUTPATIENT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Scheduled individual sessions; Scheduled psychiatrist appt.	Scheduled individual sessions; Scheduled psychiatrist appt.	Scheduled individual sessions; Scheduled psychiatrist appt.	Scheduled individual sessions; Scheduled psychiatrist appt.	OFF
10:45 AM-12:00 NOON PROCESS GROUP THERAPY	10:30 AM-12:00 NOON ART THERAPY <i>12-12:30pm - Students take VS</i>	10:30 AM-12 NOON STRESS MANAGEMENT	10:30 AM-12 NOON COGNITIVE BEHAVIORAL THERAPY <i>Students take VS</i>	
therapeutic LUNCH provided by program	therapeutic LUNCH provided by program	therapeutic LUNCH provided by program	therapeutic LUNCH provided by program	
12:30 PM-1:30 PM STRESS MANAGEMENT	12:30 PM-1:30 PM PROCESS GROUP THERAPY	12:30 PM-1:30 PM SELF-CARE AND RELAPSE PREVENTION	12:30 PM-1:30 PM WEEKEND PLANNING	
	<i>Aspire Pobosian 249-415 on 4:30</i>			

PROGRAM PHONE NUMBER: (650) 988-7841
PROGRAM ADDRESS: 2660 GRANT ROAD, SUITE D
MOUNTAIN VIEW, CA 94040

ASPIRE Program Schedule

M = Mindfulness EA=Expressive Arts AA=Addiction Awareness SG = Skills Group

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	<p>1-1 Distress Tolerance M-Introductions EA- SG- Mindfulness</p>	<p>1-2 M- Nurse Clinic EA- Rec Therapy SG- Crisis Skills Overview/ Distraction Plans</p>	<p>Aftercare Support Group</p>	<p>1-3 M- Mindfulness to senses EA- SG- IMPROVE the Moment/ Self-Soothing Strategies</p>	<p>1-4 M- Safe place visualization AA- Stimulants SG- Diary Card Review</p>
Week Two	<p>1-5 M- Mindfulness to breath EA- SG- Improving Self-Talk, Day 1</p>	<p>1-6 M- Nurse Clinic EA- Rec Therapy SG -- Improving Self Talk , Day 2</p>	<p>Aftercare Support Group</p>	<p>1-7 M- Progressive Muscle Relaxation EA- SG- Living in the Moment/Radical Acceptance</p>	<p>1-8 M- Mindfulness to taste AA-Ecstasy/Hallucinogens SG- Distress Tolerance Review/ Goodbye Ritual</p>
Week Three	<p>2-1 Interpersonal Effectiveness M-Introductions EA- SG- Mindfulness</p>	<p>2-2 M- Nurse Clinic EA- Rec Therapy SG- Recognizing Goals & Priorities in Interpersonal Situations</p>	<p>Aftercare Support Group</p>	<p>2-3 M- Mindfulness to gratitude EA- SG- Coping with High Emotions/ What gets in the way?</p>	<p>2-4 M- Loving kindness meditation AA- Stages of change SG- Diary Card Review</p>
Week Four	<p>2-5 M- Mindfulness to breath EA- SG- Knowing what you want</p>	<p>2-6 M- Nurse Clinic EA- SG- "I want, they want" negotiating relationships (DEAR MAN)</p>	<p>Aftercare Support Group</p>	<p>2-7 M- Sound ball EA- SG- Managing toxic relationships (GIVE FAST)</p>	<p>2-8 M- Mindfulness to body AA- What is a drug? SG- Interpersonal Effectiveness Review/ Goodbye Ritual</p>
Week Five	<p>3-1 Emotional Regulation M-Introductions EA- SG- Mindfulness</p>	<p>3-2 M- Nurse Clinic EA- Rec Therapy SG- Recognizing your emotions</p>	<p>Aftercare Support Group</p>	<p>3-3 M- Shy animal visualization EA- SG- Emotions/behavior microchain analysis</p>	<p>3-4 M- Accepting of all your emotions worksheet AA-Alcohol SG- Diary Card Review</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
Week Six	<p>3-5 M- Mindfulness to breath EA- SG- Reduce Vulnerability/ Modulating Intensity</p>	<p>3-6 M- Nurse Clinic EA- Rec Therapy SG- Building Structure/ Mindfulness to Positive Emotions</p>	<p>Aftercare Support Group</p>	<p>3-7 M- Body scan EA- SG- Acting opposite/Mindfulness to Negative Emotions</p>	<p>3-8 M- Mindfulness to emotions AA- Continuum of Use SG- Emotional Regulation Review/ Goodbye Ritual</p>
Week Seven	<p>4-1 Walking the Middle Path M-Introductions EA- SG- Mindfulness</p>	<p>4-2 M- Nurse Clinic EA- Rec Therapy SG- Dialectics: Think and Act Dialectically</p>	<p>Aftercare Support Group</p>	<p>4-3 M- Train of thoughts worksheet EA- SG- Validate Someone Else</p>	<p>4-4 M- Mindfulness to sound AA- Decision Making SG- Diary Card Review</p>
Week Eight	<p>4-5 M- Mindfulness to breath EA- SG- Validate Self</p>	<p>4-6 M- Nurse Clinic EA- Rec Therapy SG- Positive Reinforcement</p>	<p>Aftercare Support Group</p>	<p>4-7 M- Group juggle EA- SG- Rediscover Values</p>	<p>4-8 M- Mindfulness to penny activity AA- Marijuana SG- Walking the Middle Path Review/ Goodbye Ritual</p>

