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Final Reflection

While doing my preceptorship in the NICU, I got to witness a code for the first time in real action. Every infant in the NICU is hooked up to a monitoring system that shows in real time what the patient's SPO2, respirations, and heartbeat are. This enables the nurse to be able to closely watch and be alerted should a patient have a change in status and also be able to intervene quickly if necessary. I was attending to cares on my infant when an infant two beds over showed trends of long periods of apnea and desaturations on their monitor. The infant's nurse jumped into action to assess the infant and tried to stimulate the patient to breath. When this stimulation did not work and the patient's SPO2 continued to drop, the nurse asked for help from my nurse with her patient. My nurse began bagging the baby manually via mask and O2 support. When the infant still did not show signs of improvement the respiratory therapist and charge nurse were called. My nurse then listened for a heartbeat and confirmed that no manually compressions would be needed, only respiratory support. The charge nurse and respiratory therapist arrived to the bedside and informed the on-call physician while also obtaining an airway box should the infant need to be intubated. Due to the fast response time of the interdisciplinary team as well as the teamwork between the staff, the patient made a recovery and intubation was not necessary.

Being as this was my first witnessed code; I was feeling nervous and fearful about the infant's condition. However, after watching how nurses helped each other as well as how the whole code team interacted calmed my nerves. It was really amazing to watch everyone work together to help the patient and how everyone fell into their assigned roles and performed them with care and efficiency. This experience has helped me to feel more comfortable with the thought that I too, as a new graduate nurse, will assume the roles and responsibilities that go

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along with coding a patient and how to communicate and work with the interdisciplinary team
during it.