

Covenant School of Nursing Reflective Practice

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Instructional Module: **6**

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<p>Step 1 Description</p> <p>In the L&D unit I was able to see a vaginal delivery as well as a c-section delivery. The first one I got to see was the vaginal birth with a multigravida mom that wasn't our patient, who was delivering at about 41 weeks and I was able to go into the room with my nurse when asked for a second nurse. We were in charge of documenting the delivery and getting the items that were requested by the primary nurse. The second delivery was a scheduled c-section of a multigravida mom that was 37 weeks. My nurse and I oversaw the patients care within the operating room which included prepping the patient, providing the care throughout the surgery, documenting the procedure and giving post-op care. Both patients had very quick and successful deliveries and care was continued or set to continue in the postpartum unit after a couple hours a being monitored.</p>	<p>Step 4 Analysis</p> <p>Due to currently working on a labor and delivery unit, I know just how hectic everything can get all at once, so I feel like it kind of prepared me to always stay ready for things to happen. As we have been discussing the laboring process, I was able to see all the assessing we've learned about be done, and I was able to understand a majority of what was happening for each patient. I feel like each student on the L&D floor had a good experience and we were all able to see just how busy this floor can be and if everyone works as a team it will run smoothly. I feel like if someone were to work there who didn't enjoy it, they would cause others to fall behind because it is an area in which multiple people are needed to achieve success. I can apply that the delivering of a human is a very traumatic experience to patients, so communication is a main factor in providing the best care to these moms.</p>
<p>Step 2 Feelings</p> <p>In the beginning, I was sort of nervous because it was going to be a very intense environment in which things could go wrong at any minute and I didn't want to intervene if that did occur. However, as I was actually going into the deliveries, I was overcome with excitement and confidence because this is a specialty that I have been very interested in partaking in. I could tell the nurses were very diligent and organized in everything that they did that if a situation were to happen, they would be able to keep it under control while also still being able to teach me on what to do. The births were a life changing moment, because it was great to see just how much we as nurses can affect a person's life by just being there for them in one of the hardest, most special times of their lives. Being able to be there throughout the deliveries was a very special experience and I was able to learn many things in a short time just by seeing everything from a very close up perspective.</p>	<p>Step 5 Conclusion</p> <p>I feel like if I had experienced a simulation of the birthing experience prior to going, I would have been a little more helpful in assisting the nurses. I also should have asked my nurses more questions on the things I didn't understand. This would be beneficial, so I knew exactly why they were doing certain tasks. I would have wanted to get a better report on the patient's I was going to be working with so I would be able to participate more within their care. I have learned that I need to always be prepared for things to get busy at any moment as well as planning ahead, so I don't fall behind.</p>
<p>Step 3 Evaluation</p> <p>Both births were successful deliveries, and they didn't take</p>	<p>Step 6 Action Plan</p> <p>Overall, I think this was a great experience and I was able</p>

very long at all. Everyone worked well with one another to make these individuals feel comfortable and have a good laboring experience. I was given the chance to help with the documenting, such as times within the c-section as well as making sure the equipment used was checked in correctly post-procedure and the nurse said I was efficient in doing so. After the c-section, the patient's uterus wasn't becoming firm like it should have, and because she was a very high risk for hemorrhaging we had to monitor her very close and prepare for the situation if she did. The only thing that went wrong prior to starting the c-section was that the report received from the antepartum nurse wasn't very organized. This led to my nurse and I having to take a longer time in getting our patients history so that we could determine any possible risk factors she was susceptible to while in labor and therefore delayed the surgery for a little while.

to learn so much in just a short period of time. Being taught to make a care plan was very beneficial because it is a major part of nursing, so I know I will be prepared when I have to do one within my career. This has taught me to always be professional and to work very diligently and things will progress successfully. If I were to choose to become an L&D nurse, I feel like being able to shadow this unit was very beneficial because I was already introduced to the area and I know more or less what to expect. Again, I feel like it was a great experience in which I was able to participate and learn in a first-person point of view, which will benefit me in the future and make me a better, more confident and prepared nurse.

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