

Covenant School of Nursing Reflective Practice

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Instructional Module: 6

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<p>Step 1 Description</p> <p>I spent the day in labor & delivery helping care for a mom in labor. I helped reposition her often, palpated contractions, and and adjusted the FHM. My nurse did a great job answering any questions I had. Labor progressed very quickly when I went to lunch. Unfortunately, I did not get to see the birth.</p>	<p>Step 4 Analysis</p> <p>My patient was suffering with a lot of anxiety after a demise at 31 weeks in 2021. She was also preeclamptic. I was surprised at how much I knew/understood in conversation with the nurse. Her previous demise had resulted in hemorrhage & DIC. I got to see some great trauma informed care.</p>
<p>Step 2 Feelings</p> <p>I was anxious about how the day would go, but I think it went well. Even though I was not able to witness the birth, I was still able to learn and experience things. I was so excited when I went in the room & saw the baby! I was impressed with my nurse, she kept everything so organized, the room clean, & mom and baby calm & happy.</p>	<p>Step 5 Conclusion</p> <p>I am so glad I was able to have this clinical experience. This was a very different side of nursing than I had seen previously. The teamwork on this unit was very impressive. I can see why labor & delivery is 1:1 now! This was a great experience & I can't wait to see Mom/Baby!</p>
<p>Step 3 Evaluation</p> <p>In the beginning, I struggled to jump in and help. I made myself do it and I was more comfortable even after the first hour. I did not expect labor to go as quickly as it did. Once she got dilated past a 7, it went so fast. I definitely enjoyed it and learned so much.</p>	<p>Step 6 Action Plan</p> <p>Of course I wish I had not gone to lunch when I did. In my practice as a nurse, I will definitely use this experience as a model for trauma informed care. The nurses were also very welcoming to us as students. I hope I can be that way for any student that may follow me in the future. I really enjoyed this clinical!</p>