

Covenant School of Nursing Reflective Practice

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Instructional Module: 6

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<p>Step 1 Description</p> <p>My patient was 30 weeks pregnant and was admitted to labor and delivery the evening of 8/22/23. She was being monitored for pre-eclampsia and early contractions. She was put on magnesium to help stop the contractions, so the baby wouldn't be delivered so early. My nurse and I were in there regularly checking on mom and baby. Mom was later moved to antepartum for further monitoring but was expected to go home 8/24/23 if no further complications came up.</p>	<p>Step 4 Analysis</p> <p>Based on the L&D material that I have learned so far, I understood that preeclampsia is dangerous for both mom and baby. I knew the magnesium would help slow/stop the contractions, but with the magnesium there is risk toxicity and harm to mom and baby. If that were to occur, mom would be given the antidote with is calcium gluconate.</p>
<p>Step 2 Feelings</p> <p>Before I had the chance to fully discuss my patient with my nurse, I was feeling a bit worried that she might have the baby early. She had a hemorrhage with her previous pregnancy, so I wasn't sure how she would do with this one especially since she isn't full term yet. My nurse was very calm with the patient the whole time which really helped the mom stay calm. It was just a good environment overall.</p>	<p>Step 5 Conclusion</p> <p>In all honesty, I think the nurse handled the whole situation well. I wouldn't say that there was anything that should've been done differently. The situation reminded me how important it is to have good communication with your patient and listen to them when they're expression their concerns.</p>

<p>Step 3 Evaluation</p> <p>Some good things about the situation were that my patient had her support person there, she appeared calm and was not experiencing any pain, and the interventions done by the nurse appeared to be helping stop the early contractions. However, on the other hand, her magnesium level came back elevated, and the patient was experiencing blurry vision, and some muscle weakness. The magnesium infusion was then stopped. There wasn't much that my nurse and I did except monitor and help the patient reposition when needed.</p>	<p>Step 6 Action Plan</p> <p>Overall, the situation had a good outcome and was handled with calmness and ease. I was reminded of the importance of remaining calm with the patient and being honest and upfront about everything that is going on. I believe everything was done exactly the way it needed to be done. In the future, I will continue to treat patients with the loving kindness and compassion they deserve.</p>
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