

Covenant School of Nursing Reflective Practice

<p>Step 1 Description</p> <p>A description of the experience, with relevant details. <u>Remember to maintain patient confidentiality.</u> Don't make judgments yet or try to draw conclusions; simply describe the events and the key players. Set the scene! It might be useful to ask yourself the following questions</p> <ul style="list-style-type: none"> • What happened? • When did it happen? • Where were you? • Who was involved? • What were you doing? • What role did you play? • What roles did others play? • What was the result? 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> • What can you apply to this situation from your previous knowledge, studies or research? • What recent evidence is in the literature surrounding this situation, if any? • Which theories or bodies of knowledge are relevant to the situation – and in what ways? • What broader issues arise from this event? • What sense can you make of the situation? • What was really going on? • Were other people's experiences similar or different in important ways? • What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?
<p>Step 2 Feelings</p> <p>Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? • What were you thinking at the time? • How did the event make you feel? • What did the words or actions of others make you think? • How did this make you feel? • How did you feel about the final outcome? • What is the most important emotion or feeling you have about the incident? • Why is this the most important feeling? 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • How could you have made the situation better? • How could others have made the situation better? • What could you have done differently? • What have you learned from this event?
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • What was good about the event? • What was bad? • What was easy? • What was difficult? • What went well? • What did you do well? • What did others do well? • Did you expect a different outcome? If so, why? • What went wrong, or not as expected? Why? • How did you contribute? 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • What do you think overall about this situation? • What conclusions can you draw? How do you justify these? • With hindsight, would you do something differently next time and why? • How can you use the lessons learned from this event in future? • Can you apply these learnings to other events? • What has this taught you about professional practice? about yourself? • How will you use this experience to further improve your practice in the future?

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<p>Step 1 Description</p> <p>I had a G2, P0, L0 laboring mom. When the assigned nurse was giving me report she stated the pt had been in labor and delivery since 8/28/23 to be induced because the patient was having high blood pressure. The pt has a history of type 2 diabetes and chronic hypertension. During shift change the nurse checked the cervix and the pt was dilated to a 3, +3 station and 60% effaced. She had SROM at 0430 this morning and was waiting for an epidural to be placed so the doctor can place a fetal scalp monitor and an intrauterine pressure catheter.</p>	<p>Step 4 Analysis</p> <p>Implementing intrauterine resuscitation (IUR) when the baby's heart rate was slowly decreasing, shocked me but excited me because I knew what to do because we had learned it in lecture. I helped the nurse turn her to her sides then on her hands and knees because we could not get the baby's heart rate back up. While the others put her on oxygen, turned off oxytocin and started a bolus of fluid. Learning what to do when a patient baby starts to have late decels and seeing it in acting helps tie in the lecture and help me understand it better.</p>
<p>Step 2 Feelings</p> <p>At the beginning of the shift, I thought that I would be going to see the first phase of the labor and that she would deliver after we had left. I was a bit disappointed because I wanted to see a vaginal delivery, or a c-section and my patient was far from delivering her baby. Everything was going smoothly at the beginning of our shift. I was excited because I got to see an epidural being placed, and I was able to successfully get in a foley catheter in on the first try after the epidural was placed and the pain medication had taken effect. Shortly after the OBGYN Doctor was able to place a FSE and IUPC and the baby did not tolerate it well and her heart rate was dropping. I panicked for a bit but reacted and helped the nurse turn the patient to her side while she stopped oxytocin and gave her a bolus of LR. The baby's heart rate kept dropping so they immediately took her back to the OR and performed an emergency C- section.</p>	<p>Step 5 Conclusion</p> <p>I learned that anything could happen, especially when we least expect it. I would not do anything different because we help the patient as much as we could and at the end, we still got a healthy baby and momma that would live to tell the story on how her baby just wanted to come into this world and make a big entrance. I don't know what could have made this situation better, but the nurse could not have done a better job. Amazing teamwork and I hope I get to work with a group of nurses that work together as they did.</p>
<p>Step 3 Evaluation</p> <p>I loved the teamwork they had trying to get the OR room ready and getting the patient prepped and moved over to the table. The way everyone just took a role in helping the nurse was absolutely amazing. Loved the fact that a nurse explained to the husband what was going on and had him change so he could go back to the Operating Room to support his wife and a scary situation. I was glad I was able to help the nurse as much as I could but was grateful, she took the time to explain to me everything what was going on. Overall, everything went as smooth as possible despite having to take the patient back for an emergency c-section.</p>	<p>Step 6 Action Plan</p> <p>This clinical rotation has taught me that no matter the situation we do not panic and take action because the patients depend on us. I am not sure where I would like to work yet, but labor and delivery will be one of my options for sure. I loved that it is a different pace every day and that anything can happen.</p>

