

Covenant School of Nursing Reflective Practice

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Instructional Module: 6

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Step 1 Description

- I watched a vaginal birth & when the baby was born the cord was wrapped around his neck.
- This happened at around 1245 today and I only was watching but the OB was involved as ~~well~~ well as the nurses and family members.
- OB was delivering the baby. family watching. nurses were helping.

Step 4 Analysis

- The nurses did well in their attempts at getting the baby to breathe normally but the literature says they needed to hand off the care and so they did.
- The mom and family were distressed from what I could see.

Step 2 Feelings

- I was feeling overwhelmed & I was wondering how long it would take for the delivery.
- Everyone was making me feel more relaxed as they smoothly & expertly worked together.
- The final outcome of the delivery was a little unsettling b/c the baby was struggling to breathe.

Step 5 Conclusion

- I don't think I could have made the situation any better, I would have just gotten in the way.
- Others (nurses) could have acted even faster to get the baby to the NICU.
- I learned that anything can go wrong at any stage of labor.

Step 3 Evaluation

- It was good that the baby was alive & so was the mom.
- It was bad the baby had to go to the NICU for breathing problems.
- I only watched the delivery but I think that I did well by not complicating the process by being in the way.

Step 6 Action Plan

- Overall, I think the birth was interesting but it was frightening that the baby was having respiratory problems.
- I can conclude that I probably won't be a labor/delivery nurse.
- I will use this experience to be more alert in my practice as a nurse.