

L&D Reflection - Haven Wisdom

<p>Description: Today in Labor and Delivery I got to go with Tifannie to the L&D emergency department. We had two patients come in, one was having contraction like pain and the other was concerned her water had broken. With these two patients, I got to take vitals, assess and find the placement for the fetal monitor and place the toco and contraction monitor, hang fluids, dip urine, watch my nurse do cervical checks as well as perform a ROM test to send to the lab.</p>	<p>Analysis: After lunch, I got to see the end of a vaginal birth on my classmate's patient. It was very helpful to see the steps and interventions and the teamwork the nurses exhibited in both the laboring process and with the baby after birth. I can see how this type of nursing is most definitely a team sport not only within nursing, but with the communications of the physicians and all members of the team.</p>
<p>Feelings: Going into clinicals today, I was a bit nervous going to labor and delivery. I do not have any prior experience with real life laboring moms and was a bit hesitant of what it would be like. The nurses were amazing and so calm and friendly and my nurse in particular was a great teacher which made me feel more at ease. I got to go with my nurse to learn how to do Leopold's maneuver to place the monitor which made me feel much more confident and I got to do our second patient by myself. This made me feel much more confident and I was very grateful to Tifannie for being such a great teacher.</p>	<p>Conclusion: The only thing I would change about the day is going to my classmates' labor sooner if I knew it was happening earlier to see the prep work and instructions the nurses gave to the mom prior to pushing and how they set up and positioned her before beginning. If I could re-do the day, I would definitely be more hands-on at the beginning rather than being nervous about the interventions and communication to the parents. Although, at the end of the day I felt I was comfortable with both.</p>
<p>Evaluation: The experience was good as I got to put things and disease processes we have learned in class into a real life perspective. It was much easier than I was expecting and communicating with the moms was calm whereas I thought they would be in horrible pain like in the movies. I got to use therapeutic communication with both the moms and dads multiple times and explain what the monitors were for and ease their nerves a little bit. That was honestly the most challenging part of the day, communication and explanation to ease nerves definitely takes some time and</p>	<p>Action: Overall, the experience in labor and delivery was great and so helpful as far as learning. Getting to see the interventions, exams, labs, positioning, pushing and teamwork really help put into perspective what we have learned in class. One major takeaway I think I will continue to use in my nursing practice will be the teamwork and communication that I saw from the nurses. I believe that can be applied to so many different aspects of nursing to better ourselves and our team for our patients. I am very thankful for the experience and people I met.</p>

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