

Covenant School of Nursing Reflective Practice

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<p>Step 1 Description</p> <p>Labor and delivery was pretty slow for us so I got to follow my nurse around and watch her triage patients which was pretty interesting to get to see. I really liked how she flowed through her questions she would ask the patients and she was so caring towards them. I didn't get to see any deliveries but I did get to see the anesthesiologist perform an epidural on one of the patients which was pretty awesome to see.</p>	<p>Step 4 Analysis</p> <p>I really liked having the OB lectures prior to coming because I really felt like I knew what was going on at all times, I knew the lingo now, so it was a smooth transition. Everything that was taught in lecture really hit the spot on what I was expecting to see on the labor and delivery floor.</p>
<p>Step 2 Feelings</p> <p>I was really nervous at first watching the epidural because I've had the same procedure done, and I was just kind of nervous because of all the risks that could happen and I didn't want to be in the room the one time the one rare incident happens with the epidural. After watching the confidence of the anesthesiologist I was more amazed at what he could do with such confidence, so I was really glad I got see that.</p>	<p>Step 5 Conclusion</p> <p>Something I have learned is that labor and delivery is not as chaotic as one would imagine, no one was running around like their head had come off. Everything is fast paced for the most part but calm in a way, or maybe it's that they're just confident in their jobs as a nurse. There is nothing I would have done differently besides maybe I should have prayed for more babies to be born while I was there.</p>
<p>Step 3 Evaluation</p> <p>Everything went really well this day minus not being able to see a baby being born, but I kind of just helped out when I could and mainly observed how the nurses go about their day and what kind of procedures they do, as far as assisting the anesthesiologist, or collecting urine, continuously monitoring FHR and contractions, collecting blood, and inserting catheters. They are so busy and barely had any time to chart, but somehow they still were able to fit it in.</p>	<p>Step 6 Action Plan</p> <p>I can learn to apply how I saw the nurses work together in my future as a nurse, learn time management, learn to ask for help when needed, learn how to talk to my patients more therapeutically such as how they would. These are just a few things that I think I could use in my future as a nurse.</p>