

Labor and Delivery Reflection

Today I was in labor and delivery and got to see a vaginal exam, an epidural placement, and perform Leopold's maneuver. Most of the day I just observed and learned how the floor operates. I was very excited in the beginning because this is a floor that I possibly want to work on. I was slightly disappointed just because there was not much going on and it was a slow day, but my nurse still taught me a lot and explained how the floor normally is and the roles of the nurse. The easiest part for me was connecting with the patients and getting to share just a little bit of the joy that they were experiencing. What was difficult was seeing these patients in pain before they got their epidurals. The biggest struggle was having to compete to get experience. Because it was slow there was not many opportunities so it felt like I had to work hard to get anything out of the experience. Overall, I am still interested in working on the floor though. The biggest thing I did take away from my clinical day was to show the patients extra compassion and encouragement. The amount of pain they must endure is substantial and having that one kind nurse could have a huge impact on their labor journey. I believe that I did my best to be a part of anything there was for me to participate in. Unfortunately, I did not get to see everything that I wanted to, but we do not get to control when the babies make their grand entrance. I look forward to hopefully getting more experience on this floor one day and I am grateful for the few things that I did learn.