

## L&D Reflection

Today I had my clinical rotation with labor and delivery. My nurse was Bri, and she was nice and knowledgeable about when to intervene with interventions. Unfortunately, I did not witness a birth happen, but there were several on the floor with different nurses. I think what I liked about labor and delivery was the atmosphere. I know some people don't like the fact of "having two patients" but I liked seeing how you monitor mom and baby and must do what is best for both. The morning started off kind of slow but towards the mid-morning/ noon time things really started to pick up. Some things I saw in L&D was a 16-year-old patient who was in a MVA which put her labor. She was positive for multiple STI's and Hep C. The whole morning the baby's fetal heart rate monitor strip didn't look too good. I overheard her nurse say that the baby was having some growth restrictions and she wasn't sure how the baby was going to do. She advocated for the patient to have an emergency C-Section, and the baby was born as healthy as he could be. Before she was sent back my nurse and I helped by wiping the patient down before she went back to the OR. We then checked on our patient who was still dilated at a 1. We gave her Misoprostol to help her cervix to soften; this was her third dose. We had to monitor her contractions closely because they were constantly coming. She rated her pain at a 4 and the baby was doing okay so the nurse and doctor were not too concerned. We also gave her a ball to bounce on in hopes to help open her cervix up and have baby push down.

Next, we had a new admit who needed an IV placed. It wasn't my nurse's patient but another nurse was asking if a student wanted to try and stick an IV so I volunteered. When we went into the room to feel her veins and the nurse felt like they were too fragile. The patient was experiencing preeclampsia and the nurse didn't want to risk blowing her veins, so we called for help from another nurse to stick her instead. There was another patient who was having a flat strip and some late decelerations. Her nurse was very concerned, she was on the phone with the doctor. Who then told her to monitor the FHR strip until noon. This meant that she would be watching the strip for 2 hours with minimal to absent variability and that made the nurse nervous. I loved seeing the support she got from her charge nurse and nurse manager. She went to them a lot to discuss how she should approach the doctor about her concerns. There was also a vaginal delivery who also ended up almost being a C-Section because the baby was de-sating throughout the whole delivery. Ultimately the baby was delivered safely with forceps.

It was nice to see how involved the whole staff was in patient care and the teamwork they have was amazing to see. It was a little hectic because everyone had an orientee, so the nurses' station was crowded. It was a little disappointing that there were deliveries happening and we didn't get to see but that's okay. Overall, my takeaway from labor and delivery was a good experience and I would consider working there! Even though it was slow in the beginning when it was busy it was such a good adrenal rush and I love the atmosphere of everyone helping each other out.