

L&D Reflective Journal

Step 1: Description

For my clinical experience this week, I was on the Labor and Delivery floor shadowing a nurse. I had a great nurse who let me do just about everything. I was able to draw blood and start IVs. I also observed as she did a vaginal exam on patient. My nurse also taught me how to place a fetal heart monitor and the toco.

Step 2: Feelings

I was extremely excited from the very start of clinicals. Labor and delivery is where I would like to work once I graduate so I was very eager to learn. I was hoping I would be able to see a delivery of some sort. Even though I wasn't able to, I still had a great hands-on clinical experience and learned a lot of useful information. My nurse allowed me to start an IV on a patient and I was a bit nervous at first because the patients' mother was in the medical field and was very protective of her daughter. My nurse knew this beforehand and still allowed me to start the IV. It felt nice knowing she had confidence in me.

Step 3: Evaluation

Everything was great about this clinical experience. My nurse was very welcoming and extremely knowledgeable. She wanted me to succeed and gave me every chance possible to interact with my patients'. I thought I did a great job at reassuring my patients' that everything was ok and we are going to do everything in our power to make sure it stays that way. I cant really say that anything went wrong today.

Step 4: Analysis

In class we learned how to find the baby's position inside the mom's belly. I took that information I learned and applied it today, so I was able to tell the mom about the position of her baby. The patient had come in for decreased fetal movement, so I was able to read the monitor and explain to her that her baby was having accelerations which is a good thing. By explaining to her what was happening with her baby, I could tell she was less stressed. By taking time to listen to our patients' concerns and address them, it shows the patients' that we really do care about them and they aren't just another patient to us.

Step 5: Conclusion

I don't think there's really much I could have done to make things better. I had a great nurse who advocated for each one of her patients'. I believe all my patients were satisfied with their care.

6: Action Plan

Overall, I thought it was a great learning experience and would love to go back if I had the opportunity. I really liked the way my nurse interacted with her patients and how she advocated for them. I will take what I learned from her and advocate for my patients just like she did. It was an amazing clinical day.