

Covenant School of Nursing Reflective Practice

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Instructional Module: le

Date submitted:

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<p>Step 1 Description</p> <p>I was in LFD with a patient in labor. My nurse and I were assessing her frequently. Her vitals were good & the baby's vitals were as well. She was dilating about 1 cm an hour. She came in to the unit at 4 cm & dilated to a 9 then baby's head would not drop any further. The doctor decided to go with a C-section due to baby not dropping & her history.</p>	<p>Step 4 Analysis</p> <p>I was able to use my knowledge from lecture to help my patient calm down & remain calm eventually. We know anxiety can contribute greatly to an experience. Everyone's experience is different and I believe had we managed the patient's anxiety we could have given her the outcome she expected but we still gave her a positive experience.</p>
<p>Step 2 Feelings</p> <p>At first I felt like I couldn't help. The patient was very anxious & in a lot of pain. I felt like my nurse did a good job at prioritizing her patient & making her patient feel better & calm her down. I thought the result was unfortunate at first because she had made it all the way to 9cm & ended up with a C-section anyway but it was for the best of both her & the baby so I was glad she would be okay.</p>	<p>Step 5 Conclusion</p> <p>I think the situation would have gone better if we provided the patient with more information on why they decided on a C-section & what the procedure consisted of. She was very scared about it & although we did explain some we could have done more. I learned that easing the fear & anxiety will better your outcomes.</p>
<p>Step 3 Evaluation</p> <p>I think the good thing was that she ended up with a successful C-section & healthy baby. She had a pretty bad anxiety attack once they told her she needed a C-section so I think that could have gone better. I think we all managed to keep her as comfortable as possible. I had expected a vaginal delivery just because of how well she had been progressing. I helped her remember to breathe through her contractions & I think it was a good contribution.</p>	<p>Step 6 Action Plan</p> <p>I think overall it went well. Mom & baby were healthy and happy. I can use this experience to understand that every labor is different & things can change very quickly. It showed me how as a nurse we can advocate for our patients & how closely we work w/ other healthcare professionals. I helped me see that although I am also anxious my patient needs me.</p>

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