

Final Clinical Reflection

09/05/2024: Today I spent my shift in the nursery, and I LOVED it. It really helped to see the transition from labor and delivery to postpartum. I also felt that working in the nursery significantly improved my newborn assessment. Initially, I was a bit overwhelmed because my assessment abilities were a bit slower and during the transition phase everything seemed so fast. I had to refresh myself with some of the reflexes that we assess after birth which helped a lot. Overall, we had a busy day; we helped deliver 9 babies! I really enjoyed the nursery and being able to be more one on one with the babies.

09/07/2024: I was super nervous about my shift today. It had been about a week since my previous shift with Audrey and I knew an increase in patient responsibility was coming and I was worried that I had forgotten the workflow. However, it went soooo good. I did independent assessments and documented on all of my patients... making only a few minor mistakes in documentation. I was able to do admission/discharge teaching, dc an IV, assist with the care of twins and med admin. Things I would like to work on in future shifts are documentation, my education speech and having confidence in my ability to answer questions without Audrey.

09/08/2024: Today was SCARY. I would be lying if I said I did not question my ability to be a nurse 1000x today. As I went to do my afternoon assessment on my baby, I noticed that the baby was starting to reflux and so I picked the baby up to try and burp her. As I was doing this she began to cry and in doing so she inhaled her spit and began to choke. I started to panic internally but I tried to remain calm on the outside for the parents' sake. I looked over at the parents and told them calmly to press the call light and have Audrey come in. I reassured mom, who was obviously beginning to panic, that everything was okay. I no sooner hung up with the nurse's station on the call light than this baby started turning blue and purple. I knew I needed more help and fast because this baby could not stop choking. So, I looked over at dad and told him to pull the emergency cord. Once he did that the room filled with people who could help assist me. Thankfully, the baby was okay. We took her to the nursery to monitor o2% and she was able to go back with mom shortly after. I was so worried that I had done something incorrectly, but Audrey reassured me that I had done everything correctly and it is something that happens more often than most realize.

Apparently, when babies poop, they will vagal down, causing them to reflex sometimes. Which just so happened that this baby needed to poop because as we were trying to get this baby back to breathing and not choking, she had the BIGGEST blow out ever. We had poop everywhere.

9/9/2024: Overall uneventful day, I was able to do all assessments and all documentation for my patients which went a lot smoother today! I do need to work on the organization of my assessments, especially for the 24-hour assessments because I am worried that I am going to forget to look at something or document a finding. I was able to do some admission education and discharge education.

9/13/2024: Today was another amazing day in the nursery, I assisted with transition of care for a c-section patient. The assessment came much easier but there is still room for improvement. I did several 24-hour assessments, including a couple independently, which I now feel confident in. I was even able to do a heel stick independently, which has previously scared me. Today being my 10th shift, I left bummed to know I was not coming back. I really fell in love with the nursery and hope to work in the nursery in the future.