

Final Reflection

Emma Kitten

Labor and Delivery Preceptorship

After a long eight weeks in module 8, I finally completed a 120 hour preceptorship in labor and delivery with my wonderful preceptor Amber Sanders. I completed ten twelve hour shifts with her in L&D in the emergency department, OR, and standard delivery rooms. Highlights that I can point out that occurred throughout my shifts include a twin delivery in the OR, an emergency c-section, cervical exams, and assisting in the induction of a pre eclamptic patient on mag. I really enjoyed the twin c-section because it was neat to see the way the OR was prepped for two 32 week neonates and watch how the nicu team interacted with the circulating nurse. In my emergency section, we had a 30 weeker come in with a bulging bag that had to be put under general anesthesia in order to safely deliver her baby. I really enjoyed being in recovery with my patient and assessing her vitals post op. Cervical exams are a favorite part of my daily routine for my vaginal delivery patients because I get to assess the progress they are making in dilation and effacement- first time moms are always excited to see how far along they are. Another highlight I have is inducing a pre eclamptic patient on IV magnesium throughout her entire labor. I did magnesium assessments on her every four hours and assessed my patients deep tendon reflexes which was very interesting. Amber was a wonderful preceptor to have because she allowed me to practice cervical exams, circulating in the OR, and blood draws many times. Amber reminded me to give myself time and patience in performing newborn apgars and reading strips because that is a harder skill to do and comes only with practice. I would highly recommend Amber as a preceptor for the next module and I feel like I have grown as a new graduate nurse immensely in this capstone experience and feel confident in my L&D skills.