

COVENANT SCHOOL OF NURSING REFLECTIVE PRACTICE

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IM6- OB L&D CLINICAL ROTATION

<p>STEP 1 DESCRIPTION During my labor and delivery rotation this Tuesday, I was able to experience a cesarean section. The patient was not my original patient I was assigned to, but my nurse allowed me to follow another nurse for that delivery so I can experience it. I was able to observe from the very beginning to the postpartum phase of the patient. During the cesarean section, I assisted in disposing the lap pads used, as well as counting. The mother delivered a baby boy.</p>	<p>STEP 4 ANALYSIS In the future, I can apply therapeutic communication to patients going through delivery. I could tell a lot of the moms were stressed or anxious in regards to the birthing and laboring process, and they just wanted the comfort of the nurse to help them get through it. For example, when my patient was getting her epidural she was physically shaking and admitting she was afraid. My nurse reassured her she is in good hands and kept her in the loop of all the steps that were happening when they were.</p>
<p>STEP 2 FEELINGS At the beginning I was excited for this rotation. I was happy to be able to experience a cesarean section and apply my previous knowledge to this experience.</p>	<p>STEP 5 CONCLUSIONS I learned that therapeutic communication can go a long way for patients experiencing birth, whether it is via cesarean section or vaginal delivery. I learned that simply talking through problems and feelings the patient is experiencing can help alleviate their stress and possibly lead to better outcomes and a trusting relationship between the patient and caregiver.</p>
<p>STEP 3 EVALUATION I enjoyed everything about this week. I enjoyed working with my nurses and assisting the patients on the floor. My cesarean section went very well, I was able to see and experience the entire process. I would have enjoyed seeing a vaginal birth as well, but my original patient did not give birth while I was on the floor. The patient did end up giving birth that night, and was one of my patients the next day on my mom and baby rotation.</p>	<p>STEP 6 ACTION PLAN I will use this experience in my future clinical rotations. This clinical also helped me critically think and piece situations together when complications were considered regarding hemorrhaging and late prenatal care- two complications I ran into when listening to report and reviewing my patient's charts. By physically experiencing labor and delivery after all we have learned this module, I recognized my interest spark in this specialty.</p>