

Cassandra Galaviz  
Janet E. Pia  
Module Eight  
4 November 2024

### Midterm Reflection

Currently I am doing my preceptorship in Labor and Delivery and whole heartedly enjoy it. I feel like this is where I am supposed to be. I have had the pleasure of learning the way things are done on the unit. I love how everyone has been willing to teach and show me things without asking and when I ask about things that are going on. For example, watching the fetal monitoring screen. Fetal monitoring can be tricky so I ask a lot of questions so that I can better my knowledge in reading how the baby is doing.

On the two shifts that I have completed I have had a handful of patient situations that have stood out and stayed with me. One of my shifts my nurse Holly and I were assigned to the OB ED. We had a patient that was sent over from her OB clinic due to her nonstress test showing variables. Her husband was present at bedside as her support person. I was able to get her baby on the monitor by placing the ultrasound and toco on her stomach. With assurance we advised her that we were right by her side, she was not alone, and that there were many eyes on her and her baby. Her monitoring was showing that her baby was still having variables. I advised her that she was going to be admitted as her doctor ordered. She was very emotional as this was her and her husband's first baby. I was able to educate her as to exactly what we were looking for and what her monitoring was showing. I advised her with Holly present that her baby is having moments of stress. Variables indicate that the umbilical cord is being compressed somewhere which makes the baby's heart rate go down in V like instances. She became very emotional as anyone would, given that this is her first experience. I was able to hold her hand and once again advise her that she was in the best place she could be so that constant monitoring could continue. She was also being induced due to Preeclampsia.

Having experienced complicated and high-risk pregnancies myself I was able to comfort her as much as one could. Labor and Delivery is not always full of happy healthy pregnancies like some people think. There are hard situations that arise and all you can do is be the best nurse you can be and educate your patient and not leave them in the dark. You answer their questions and concerns the best you can and if they ask a question, you are not sure of, you find someone who can.

My second shift was the very next day, and I was able to spend most of my day with the same patient trying to keep her baby on the monitor. Sometimes babies are very active, and it is hard to trace baby on the monitor due to them moving so much. She was much

Cassandra Galaviz  
Janet E. Pia  
Module Eight  
4 November 2024

calmer and knew the possible outcomes she was facing. I feel like building that trust with my patient the moment she arrived meant everything to them because they are trusting strangers to care for them. She and her husband were very comfortable with Holly and me. My clinical experiences have helped boost my confidence in the knowledge I have and being able to voice it to my patients. I will continue to strive to become the best nurse I can be with all the guidance I receive and continue to receive.