

Jessica Bridges

## Labor and Delivery Reflection

### **Step 1: Description**

This morning was my first rotation on the Labor and Delivery floor at CCH. I was assigned a nurse and we went and met our patient for the morning, she was scheduled for a c-section due to the baby being in a breech presentation.

### **Step 2: Feelings**

In the beginning after meeting the patient she quickly asked if I would be willing to take pictures during her c-section, which I happily told her that I would love to do that for them. When we got into the Operating Room I found myself feeling very anxious and nervous for her as I watched her be prepped for her spinal and positioned for the surgery. Having had 4 c-sections personally I found myself living my c-sections again as I watch this woman become a mother.

### **Step 3: Evaluation**

The entire c-section went very smoothly, baby was born very quickly and had great Apgar scores immediately, I found myself struggling to take enough photos and worry about the ones I did take and if they would be what the mother was hoping for. I feel like I did take a lot of photos, and without being able to look at them afterwards I believe I was able to get them some good shots.

### **Step 4: Analysis**

From this situation I feel like I can lean on the knowledge I do have and be confident in my ability to comfort a patient when they are very anxious and nervous about their procedure. I was able to educate the patient about breastfeeding when we got back into recovery.

### **Step 5: Conclusion**

The c-section was extremely fast, to the point that I felt like the mother was rushed through her delivery rather than really able to enjoy the experience. I know the doctors were in a hurry for various reasons, but I was a bit sad for this mother.

### **Step 6: Action Plan**

Overall I loved my experience in Labor and Delivery. I always saw myself working there and so it was exciting to be able to do a rotation on this floor and see what it's all about.