

IM8 Final Reflection

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Reflecting on my clinical hours in the NICU, I have learned so much and made so many lasting memories. I had the opportunity to follow not only one amazing nurse, but 3 amazing nurses. Shyla taught me safety techniques I will carry over to my own practice. Abbie taught me effective ways to communicate and educate parents during highly emotional moments. My preceptor, Esme, taught me how to have confidence in myself and how to be a well-rounded nurse, providing the best care possible to our tiniest humans.

Some of my most memorable moments were experiencing firsts with our patients' parents. A mom and dad who were first time parents had the help of IVF to get pregnant. Mom delivered triplets and wasn't able to come down to see her babies for 24 hours. Dad came and brought these wraps and hats that coordinated between the 3 babies for photos. We got to help dad hold his two new baby girls at the same time, for the first time. Baby boy was on bubble c-pap, so he was a little more challenging. Before we handed him to dad, we took off his c-pap mask for a few seconds so they could get a good picture of his face. It was such a sweet experience.

Speaking of firsts, one of my patients was born with an omphalocele. The pediatric surgeon had to come by daily to change the dressing around her, and I got to help. It was an incredible experience! A few weeks later, mom was getting so anxious, having not been able to hold her baby girl yet. So we came up with a plan to keep the omphalocele protected, in order to allow mom to safely hold baby girl. Once our plan was approved by the surgeon, we went into action. I grabbed moms phone and took some videos and photos so she would forever have this special moment saved.

There is one patient I will remember forever. He had an incredible story and I had the opportunity to have him as a patient throughout my 10 shifts. He has a twin guardian angel. His brothers amniotic sac was damaged during a procedure and she had to deliver at 24 weeks. Being that he was born so prematurely, baby has been stable, but critical. He has been intubated but often has brady/de-sats. He has a large unresolved PDA that he has been treated for but will likely need to be transferred to cooks in the future. This was a great teaching moment for me because I learned how to communicate with parents during such high emotions, and help reassure them baby is getting the best care possible.

Overall, I feel my experience has helped me become a better and more confident nurse.