

### Covenant School of Nursing Reflective Practice

Name:

Instructional Module:

L&D 2.11.25

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<p><b>Step 1 Description</b></p> <div style="border: 1px solid black; padding: 5px; min-height: 200px;"> <p>I witnessed a vaginal birth within with in 20 minutes of arriving to the floor. It was a fast process. I helped the provider position mom into the lithotomy position. Once the membranes were ruptured, mom was instructed to start pushing. All it took was two pushes and the baby was born. I was in the back of the room trying to stay of out the way. My nurse was amazing and directing everyone and assigning roles to everyone in the room. It was a successful delivery.</p> </div>	<p><b>Step 4 Analysis</b></p> <div style="border: 1px solid black; padding: 5px; min-height: 200px;"> <p>I was able to see multiple topics that were covered during this module. I was able to see the nurse administer oxytocin rapidly to a mom who had a LGA baby to help prevent hemorrhaging. Then we returned multiple times to check the fundus and ensure it was firm. I was able to palpate the fundus.</p> </div>
<p><b>Step 2 Feelings</b></p> <div style="border: 1px solid black; padding: 5px; min-height: 200px;"> <p>I was excited that I was able to witness a delivery. I expected it to be a longer process than it was. It was a wonderful process to experience. The way the nurses all worked together was impressive. They all demonstrated great teamwork and communication.</p> </div>	<p><b>Step 5 Conclusion</b></p> <div style="border: 1px solid black; padding: 5px; min-height: 200px;"> <p>I was able to see how unpredictable you day can be on the L&amp;D floor. Within 10 minutes of my nurse's shift, she was prepping her patient to deliver a baby. After the delivery, we remained busy with the frequent assessments and charting. If there was one thing I could do differently, it would be another day of clinicals on this unit.</p> </div>
<p><b>Step 3 Evaluation</b></p> <div style="border: 1px solid black; padding: 5px; min-height: 200px;"> <p>Every nurse worked effectively together. All the nurses were approachable and accepting of having students. I had mentioned to my nurse that I wanted to see a c section and she introduced me to her coworker who was working up her patient for a scheduled c section. I asked her if she was okay with me joining her and she was happy to show me the whole process.</p> </div>	<p><b>Step 6 Action Plan</b></p> <div style="border: 1px solid black; padding: 5px; min-height: 200px;"> <p>I loved this week of clinicals. I was able to see so much. I was able to see how smooth a delivery can go with the right communication and teamwork. Every nurse was so helpful with one another, and it made the who process for every patient so much effective. From what I saw in the few hours I was on their floor; I'd be confident in the care they would provide for myself or a family member.</p> </div>

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Mom & Baby

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<p><b>Step 1 Description</b></p> <p>Today I was able to help provide care for the mom I saw deliver a baby yesterday. It was truly special. I felt a bond with the baby and her mom. I helped get moms vitals. I helped with the newborn bath and screening. I witnessed her get a frenotomy. It was painful for me to watch. I felt so bad for the baby. I was also able to see a c-section.</p>	<p><b>Step 4 Analysis</b></p> <p>I was able to see how differently each family reacted to the birth of their baby. Some seemed more nervous than others. Some were more experienced and calmer. Unfortunately, I witnessed a set of parents not readily bonding with their baby. They were wanting to the nurses to do the feeding and care for the baby. They didn't seem too interested.</p>
<p><b>Step 2 Feelings</b></p> <p>I was excited and hopeful to be able to see the baby I witnessed be born yesterday. When I was assigned with the nurse who was caring for them, I was relieved. I was able to see that mom and baby were doing well and baby was thriving. I felt a bond with the both of them.</p>	<p><b>Step 5 Conclusion</b></p> <p>I learned that it is important to give mom and dad as much information about going home with baby as possible. To reassure them that they are not alone and inform them of their options if problems arise. My nurse sent them home with several supplies to ensure they have everything they needed for mom and baby for the next few days.</p>
<p><b>Step 3 Evaluation</b></p> <p>Being able to see all the different roles the nurse plays in the antepartum, intrapartum, and postpartum stages.</p> <p>I really enjoyed being able watch a c-section. I had one with my daughter and have always wanted to see one. It was incredible.</p>	<p><b>Step 6 Action Plan</b></p> <p>It was a beautiful experience to be a part of. This is such a special time in a person's life, and I was able to see a small glimpse of it. I look forward to being able to witness more magical moments in the future when I become a nurse.</p>