

## Covenant School of Nursing Reflective Practice

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Instructional Module: *6*

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### Step 1 Description

mother came in 5.5 dilation at 715. AROM occurred shortly after. Next doctor came in again when cervix was effaced. A male baby was born weighing 8 lbs 10oz and was delivered through a vaginal ~~birth~~ birth. I assisted w/ holding legs and guiding mother through delivery by counting to 10.

### Step 4 Analysis

Watching the amniocot was ~~was~~ a great experience as I have only see picture. The patient was very understanding and vocalized ways I could make her experience better. This communication allowed me to thrive in a unfamiliar situation.

### Step 2 Feelings

I was anxious in the beginning however as I met the mother I began to feel better about the situation at hand. It was truly an experience and I am ~~happy~~ glad I got to experience it. While the birth was slightly more gory than I thought, overall I am glad I witnessed it to hopefully one day assist w/ the birth of my own

### Step 5 Conclusion

I could have communicated w/ my nurse much better. I feel like if I vocalized more I would have had more opportunities to learn.

### Step 3 Evaluation

I did well in assisting where I could. I did however expect the ~~birth~~ labor process to last much longer than it did.

### Step 6 Action Plan

I think she was a 10, kidding, ~~but~~ I loved this experience and it help connect what we learned in class to the clinical experience. I will use this experience to vocalize more in the future so I do not miss out on opportunities

Nse Tyina

IM6 Student Learning Outcomes				
Safety & Quality	Clinical Judgment	Patient Centered Care	Professionalism	Communication & Collaboration
<i>Formulate a plan of care for the childbearing family, and the patient with mental health disorders using evidence-based practice, safety, and quality principles.</i>	<i>Demonstrate clinical judgment using evidence-based data in making clinical decisions for the childbearing family, and the patient with mental health disorders.</i>	<i>Demonstrate family centered care based on the needs of the childbearing family, and the patient with mental health disorders.</i>	<i>Relate knowledge, skills, and attitudes required of the professional nurse by advocating and providing care to the childbearing families, and the patient with mental health disorders.</i>	<i>Communicate and collaborate effectively with patients, family, and members of the interdisciplinary team in the childbearing family, and the patient with mental health disorders.</i>

**Safety & Quality:** maintaining a clean + hygienic environment to protect the mom and the baby.

**Clinical Judgment:**

**Patient Centered Care:** while my mother was in labor I held her legs and counted to 10. use supportive language to assist the mother in the laboring process.

**Professionalism:**

**Communication & Collaboration:**