

Covenant School of Nursing Reflective Practice

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Instructional Module:

Date submitted:

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Step 1 Description

I got to experience 2 vaginal births, 1 birthing interventions. I also got to see fetal interventions for decels & for after birth. The nurse was most involved, another 2 others helped. I played a supportive role, got to assist with turning, meds & comfort measures. The result was a healthy mom & baby & I learned a lot.

Step 4 Analysis

I learned that a baby can always be turned to a better birthing position by getting mom in different positions. Frequent turning allowed baby to go from OP to OA. I also learned that epidurals don't always work & that the mom had experienced that before. I know now that every birthing experience will be different from the other.

Step 2 Feelings

I was excited but also anxious at first, during it was glad that I actually understood the tracings & how to interpret them. My nurse made me feel included & helped me realize I know things & that felt good & rewarding.

Step 5 Conclusion

I could have been more helpful to the patients or had more confidence.

Step 3 Evaluation

The birth went well, it progressed quickly & was amazing to see. It was easier to feel a fetus than I thought it would be. I don't think there was anything bad. The only thing unexpected was that the epidural only worked on one side so that was odd. Oh, babies were also originally OP but the turning ended being OA.

Step 6 Action Plan

I liked the whole experience. I did learn new positions that help with OP babies, also learned that it can help w/ transverse babies too sometimes so can use that knowledge in the future. It has taught me to utilize non-invasive measures & sometimes medication is what's needed. It taught me that sometimes it's the simple things that can be the most helpful.