

## Covenant School of Nursing Reflective Practice

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Instructional Module:

Date submitted:

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### Step 1 Description

When I arrived on the unit my patient was at 6cm and 90%. Me and my nurse were watching the FHR strip when we noticed some late decels. We went to rotate mom and did a fluid bolus; after we left the room, we called the HCP to come and AROM. After this, the patient quickly became 9cm dilated and 100% eff. Me and several other nurses began to prepare the room for the birth. After 20 minutes mom delivered baby girl "Evie" at 1002.

### Step 4 Analysis

Getting to see the FHR strip in real time was very beneficial. I got to see early decels., accelerations, and late decels.. When I saw the late decels., I knew we needed to go see mom, change her position, fluid bolus, possibly apply oxygen, and there was no oxytocin going at the time but if there was, I would've stopped it.

It was also really beneficial to see the different roles everyone played during the birthing process.

### Step 2 Feelings

When we first arrived, I was very nervous and scared to see labor in real time. However, my nurse was very helpful and allowed me to ask questions. My patient and her husband were also very nice.

During labor, I was quite surprised how smoothly the process was. Everyone was very prepared and encouraged mom throughout the process.

After delivery, I can say that L&D is now one of my top three career choices. I loved it.

### Step 5 Conclusion

In conclusion, I think everyone played their part very well. Several nurses helped with the entire process, the HCP was called and arrived in a timely manner, and mom was kept calm throughout the entire process.

### Step 3 Evaluation

I really enjoyed the entire process. I think the entire birthing process went well. However, my nurse did have to teach my patient how to push properly and "bear down".

I also think I was able to really show and apply patient centered care, as when we took mom to Mom & Baby, she thanked us and told us, "Both of y'all helped me so much and treated me so well."

### Step 6 Action Plan

I can 100% use this in my career. I hope to further my knowledge in L&D and maybe get a job there. I learned that my verbal and nonverbal communication is way better than I give myself credit for. L&D while sometimes chaotic was one of my favorite clinical rotations. I can use my knowledge and experience to help other patients in the future,

Got to see my first labor!! Thank y'all!