

Student Name: Rafaela Colmenero

Date: 9/24

Instructional Module 6
Magnolia Doula Community Clinical Experience

1. What did you learn from observing the doula that you could apply in your own nursing practice? I learned a lot just based on the way they spoke; they were very calm and encouraging and always asked the right questions. I also learned how to navigate conversations in which a mom questioned her choices and how to help her feel validated in her decisions - this is helpful to learn as these conversations will arise later in my career.
2. What role did the doula play in informed decision-making and patient autonomy? The doula informed the patient of the benefits and risks of different decisions so the patient was well-informed, and always left it up to the mom to make her decision. Emily was very adamant on the fact that the mom's ~~ke~~ knew their body better than anyone.
3. How do you think having a doula impacted the patient's birth experience and outcomes? I think having a doula allowed the patient to be able to focus solely on herself and her baby, and not have to worry about everything else going on around her. I feel like this was very beneficial towards times when important decisions needed to be made, as well.
4. How can nurses and doulas work together effectively to provide optimal care? Doulas are very informed of what the mom wants and being able to effectively communicate that can allow nurses to provide the best care for each individual mom. Nurses can also help to inform the patients on things that maybe a doula's scope does not cover which also contributes to optimal patient education.
5. What non-medical comfort measures did the doula use or discuss with the patient? The doula discussed: massage, distraction (cooking, movies, nesting), rest/sleep, use of peanut ball, heat, hydrotherapy, essential oils, and labor comb.
6. How did the doula address the patient's cultural, spiritual, or personal values during labor? The doula asked a lot of questions that covered each type of value to the patient and always made sure to write it in the birth plan. In the pre-labor interviews she also made sure to open up conversation for any other values that needed to be addressed. She also made it known that everything would be respected during labor.
7. Were there any moments where the doula acted as an advocate for the patient? Describe. Emily did say that there were times that she had to speak with a doctor in order to communicate what the patient was wanting. She also explained how there were times when a decision was trying to be rushed and she had to advocate for her patient to have time to think about things in order for her to make the best well-informed decision.

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8. How did observing a doula influence your perspective on the labor and birth process?

My perspective on labor has changed a lot. I used to have this vision in my mind that the birth process was going to be just the worst pain in your life to the point where there really wasn't any way to have a "good" birth experience. Now I view it as there are ways to help you have a good experience and it can be something you can work through.

9. What surprised you most about the doula's role?

What surprised me the most was how adamant they were about helping create the birth the mom wanted as best they could. It was very patient-centered and they never forced their opinions on any of the moms. I feel like there was a ~~a~~ little thought in my mind before going, that doula's heavily influenced patients' decisions, but now honestly that has changed.

10. How did the doula demonstrate professionalism in her interaction with the patient, family & healthcare team? Provide specific examples and reflect on how this influenced your understanding of professional behavior in a birth setting.

I did not get to observe a face-to-face interaction with patient/family and the healthcare team, but I did get to see their prepped folders with information on what to do when they entered the room for post-partum visits. It was very interesting to see how thought-out each interaction was, and the outline ~~at~~ almost resembled what a CPE would look like. It definitely indicated that professionalism was a top priority - it mentioned knocking and introducing themselves to everyone that was in the room (no matter the age) and washing their hands before touching anything. What also stood out to me was how it prompted for the first question to always be about how both baby and mom are doing. I feel like this specifically allowed me to see that a lot of the times, babies are the main focus post partum, and a professional component would be to acknowledge mom's physical and emotional health after a life-changing experience like ~~to~~ labor/birth.

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IM6 Student Learning Outcomes				
Safety & Quality	Clinical Judgment	Patient Centered Care	Professionalism	Communication & Collaboration
Formulate a plan of care for the childbearing family, and the patient with mental health disorders using evidence-based practice, safety, and quality principles.	Demonstrate clinical judgment using evidence-based data in making clinical decisions for the childbearing family, and the patient with mental health disorders.	Demonstrate family centered care based on the needs of the childbearing family, and the patient with mental health disorders.	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.	Communicate and collaborate effectively with patients, family, and members of the interdisciplinary team in the childbearing family, and the patient with mental health disorders.

Safety & Quality:

Clinical Judgment:

Patient Centered Care: When explaining to me everything that was done at Magnolia, it was very evident that their top priority was making sure the mom was making decisions for herself. Almost everytime that Emily was ~~explaining~~ explaining something, she always mentioned how in the end everything was always the mom's decision after she was well-informed, and mom's were given as much time as they needed to make choices.

Communication & Collaboration: