

Post Clinical Midterm Reflection

What feelings did you experience in clinical?

My first feeling was nervousness the morning of the first day. As the day continued I became more and more excited to perform skills. My patient did not give birth, but she was 38 weeks and was admitted because of gestational diabetes. All day we administered Cytotec to soften her cervix. The patient teaching we did really helped our patient try her hardest to have a vaginal delivery because the recovery of a C-section would be harder than the recovery of a vaginal delivery.

What did you already know and do well as you provided patient care?

Something I did well these first clinicals was calm our patient down post C-section. Our patient was experiencing pain during surgery after the initial cut and baby was still inside. We had to give her more meds to have her completely unconscious. After delivery, we moved mom to Post Op where she was coming to and was very hysterical. She woke up and remembered what she was feeling. We calmed her down with therapeutic talk and reassured her that her baby was doing great. Our patient knowing that her baby was doing well was what mattered to her most so we focused conversation on baby and what she was like when she was delivered.

What areas do you need to develop or improve?

I am not as confident as I would like to be when I complete a skill. I have practiced placing Tocos enough now to be more confident so that is good for my next clinical moving forward. I need more practice placing IVs and Foleys but I know I will get these opportunities in my upcoming clinicals.

How will you apply what was learned to improve your patient care?

I have learned so much just in these first three shifts. My first day I had the patient who opted for a C-section but I felt confident in our patient teaching that she understood the difference in recoveries.

My second day I felt my patient care was even better after we were there to calm our patient down after the experience she had in the OR. We even calmed dad as he was super anxious watching everything unfold.

My third day we were in the ER and my patient came back 2 weeks postpartum with postpartum depression. I got to absorb a few therapeutic tactics our nurse practitioner used to reassure our patient that this is common but we can absolutely get her the help she needs and that she did the right thing by coming in.