Covenant school of nursing reflective Practice

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Step 1 Description I was partnered with a great nurse who was caring for a 32 year old female (36 weeks gestation). The patient had been admitted since August 20th, 2025. The patient had AROM the day before (11/10/2025) and received cytotec at 1700 and 4 hours later received pitocin on 11/10/2025 as well. The nurse and I were continually and closely monitoring fetal heart rate and maternal contraction strips, and repositioning patient accordingly. Interventions with positions and pitocin medications increases result in the successful vaginal delivery of fetus at 1114 on 11/11/2025.	**Step 4 Analysis** I used a lot of the information used from our 1st OB exam. I was amazed how much of the information came back to be when applying it on the floor. I was so glad to have done this OB rotation after learning the information in lecture/for exam. For example, getting to actually see all the different decelerations on strips, analyzing them, doing interventions and re-evaluating, and seeing the results of the interventions really solidifies the information we have been learning. Nurses really do play the part of a Doctor's eyes and ears when caring for a patient, and our actions make a difference.
Step 2 Feelings I wasn't feeling confident of my skills with reading fetal heart rate and contraction strips but I was eager to just jump in and attempt it. After a few rounds of the nurse explaining and interpretations of what we were seeing on strips, I slowly gained confidence. She made me feel like I was capable of understanding what was going on with mom and baby through the analyzing of the strips. Most important emotion I walked away with is feeling more knowledgeable about labor and the progress leading up to it.	**Step 5 conclusion** I think I could have made the situation better by being more confident in my "skills". Sometimes I am my worst own enemy, but as the day went on I think I got better. I learned so much from today. I don't even know where to begin. I also did not expect to get emotionally worked up, almost faint, and scared lifeless today but I did and I loved every minute of it – I will never forget today. Great reminder of why I got into this field of work. Thank you!
Step 3 Evaluation My nurse was a great "mentor". She kept me fully engaged in our patient's care. She explained her nursing actions in detail and reasons behind her actions. She went over and beyond to explain education on strip readings, medications given, patient interventions, patient status and procedures done to patient in the past. I made sure to stay up with my nurse and offered assistance at any chance I could and asked a ton of questions.	**Step 6 Action Plan** I loved the outcome of every part of today. The knowledge I gained, the nurse relationship I got, the outcome of mom's labor, and especially the baby's healthy delivery! I realized how much of a big impact the nurse has on patient's care (nothing is too little), everything we do as nurses has an effect on our patients (good or bad) - These types of lessons I learned are a reminder of the type of Nurse I (we) should be.