

Student Name: Kynzeigh Gonzales

Date: 11/19/25

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 the importance of taking time to understand a patient's birth preferences and ensuring these wishes are respected and clearly communicated. Watching the doula walk the mother through her ideal birth plan showed me how essential active listening and patient-centered communication are in maternity care. I can apply this by incorporating more open-ended questions, exploring patient expectations, and helping create an environment where patients feel heard and supported.

2. What role did the doula play in informed decision-making and patient autonomy?

The doula supported informed decision-making by explaining different labor options—such as birthing positions, cord clamping, pain management, and newborn medications—in a way the mother could easily understand. She encouraged the patient to voice her preferences and ensured she understood the benefits and implications of each choice. This empowered the mother to create a birth plan that reflected her values and increased her autonomy in the upcoming birth.

3. How do you think having a doula impacted the patient's birth experience and outcomes?

Having experienced a traumatic first pregnancy with a placental abruption, the patient clearly valued additional support during this second pregnancy. The presence of a doula likely reduced her anxiety, increased her sense of control, and helped her feel more prepared. These factors can contribute to better labor progress, improved coping mechanisms, and an overall more positive birth experience.

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4. How can nurses and doulas work together effectively to provide optimal care?

Nurses and doulas can collaborate by maintaining open communication, respecting each other's roles, and working toward the shared goal of supporting the patient. Nurses manage clinical care, while doulas provide emotional and physical support. When both roles are respected, the patient receives holistic care throughout labor and delivery and achieves her desired outcome.

5. What non-medical comfort measures did the doula use or discuss with the patient?

The doula demonstrated the "spinning babies" techniques to help optimize fetal positioning. She also reviewed labor positions and coping techniques to help decrease pain and improve comfort during labor. Her hands-on teaching with both the mother and the father emphasized non-pharmacological support strategies.

6. How did the doula address the patient's cultural, spiritual, or personal values during labor?

The doula honored the patient's personal values by creating a birth plan that aligned with her desires—such as delayed cord clamping, catching her own baby, and choosing specific newborn interventions. She made sure the mother felt in control of the decisions, which demonstrated respect for her values and past experiences.

7. Were there any moments where the doula acted as an advocate for the patient? Describe.

The doula acted as an advocate by helping the patient develop a detailed printed birth plan for her doctor and the charge nurse. This ensured the patient's wishes would be clearly

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communicated when she enters the hospital. By equipping the patient with written documentation, the doula helped amplify her voice in what can be a fast-paced clinical environment.

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

Observing the doula reminded me that labor and birth are not only medical events—they are deeply emotional, personal, and transformative experiences. The doula's presence highlighted how much reassurance, education, and emotional support impact the labor process. It shifted my perspective to be more holistic and patient-centered.

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

I was surprised by how comprehensive the doula's scope of support is. She not only prepares birth plans but also teaches physical techniques, supports both parents, provides emotional guidance, and acts as a liaison between the patient and the healthcare system. The level of individualized attention and the depth of patient education stood out to me.

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.

The doula showed professionalism through clear communication, respect, and maintaining a calm, supportive presence. She provided organized materials, respected the patient's choices, and interacted kindly with both the mom and dad. Observing her helped me understand how professionalism in a birth setting involves being prepared, respectful, and patient-focused.

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

**Safety & Quality:**

**Clinical Judgment:**

**Patient Centered Care:**

I demonstrated patient-centered care by actively listening to the mother's preferences, observing how her past birth experience shaped her current needs, and recognizing the importance of honoring her values. I learned how to care to each patient such as helping support her ideal birth plan improves trust, comfort, and overall outcomes. This experience reminded me to always consider the patient's emotional, physical, and personal needs in my future nursing practice.

**Professionalism:**

Adopted: October 2016