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NUR391 Clinical

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In the last clinical session, I was assigned to the Labor & Delivery department and observed a patient named C.M. This patient is a 35-year-old G4P2 female that was admitted to Nyack Hospital after a SROM occurred at 02:30. Since her cervix was long and closed, she was put onto the fetal monitor and the HCPs noticed that the baby was not doing well. Due to the concern of the baby's oxygenation, the mother was given oxygen via face-mask and subsequently, the fetal activity started to improve. As the mother was not dilating, she was given cervidil for the purpose to induce labor by softening the muscles of the cervix. She is a Hepatitis B carrier and has gestational diabetes, which is well-controlled with 14 Units of NPH insulin.

In this clinical experience, I communicated well with the patient, her family members, nurses, classmates, Dr. Thomas, and my fellow partner, Christine. I spoke to the L&D nurses to learn more information on intrapartum care and clarified any of my doubts with them. I reported my findings to my classmates and Dr. Thomas during post-conference. I communicated with Christine on the patient's current situation, past medical history, prenatal history, and prescribed medications. My self-evaluation of technical skills would be good as I made sure to help the nurse with whatever that was permitted and observed her nursing care.

The greatest accomplishment was being able to observe and understand the environment, protocol, and interactions in the L&D. I have always been interested to see the labor & delivery process and it was truly an accomplishment to finally be able to experience the atmosphere. The challenge from this clinical experience was not being able to witness an actual delivery but I am very grateful to be able to learn and gain knowledge from the L&D nurses.

This clinical experience has helped me to grow professionally, personally, and spiritually. Professionally, I was able to learn more about intrapartum care and interventions, including fetal monitoring. Personally, I grew on my understanding of the importance of support systems, especially in pregnancies. For an example, although the mother was uncomfortable and very tired, her husband consistently made jokes and tried

to make her laugh. This emphasizes that a support system is truly an effective non-pharmacologic intervention that helps the patient to feel a sense of security and comfort. Spiritually, I grew on my comprehension of the beauty of a new life. The intense wait for the baby's arrival has reminded me of the amazing works our God does. The biblical reference that guided me this clinical day is derived from Romans 8:28, which states, "And we know that in all things God works for the good of those who love him, who have been called according to his purpose." This bible verse highlights that our good Lord shows His wonderful grace and unconditional love and helps to guide us to the right path.