

Kayla Davis

Nur391

Week 1

Clinical Journal

This was our first week in our maternity clinical rotation. I was extremely excited and had been waiting for this day for such a long time. It is my goal to work in a maternity unit as a nurse and to become a midwife or Neonatal NP one day. I always had such a passion to work with children and have always been drawn to babies and caring for them. We started off the day with a lecture to go over terminology that we needed to know for our assessments, and I will admit it was surprising how much different maternity nursing is from Med-surg nursing. The amount of information you need to collect from patients and their charts is so different, and I was not expecting this much of a change, and it was very interesting to learn the new terms and what kind of assessments we would have to do. Then it was time for us to tour the unit and learn about the different types of equipment and tools there are for maternity. It was amazing being able to see the monitors at the nurse's stations and the patient charts and learning about what all of those new abbreviations meant and how these nurses operate daily, and I'll admit it is a lot of information and I have a new found respect for the nurses that work in labor and delivery. The best part of the day was learning about our newborn assessments, it was incredible to be able to handle a newborn baby that had just been born via Cesarean section. I believe my greatest accomplishment this week was just being confident enough to be willing to handle a newborn at all and getting to put her little shirt and hat on, as well as assessing her skull and some reflexes. It is all so exciting and overwhelming at the same time, and it can be scary working with such small and fragile babies, but we came to learn that babies are not as fragile as we think they are. When it came time for the post-partum assessment, I think my greatest challenge was having to

relearn the type of assessment we would do on a new mother and understanding the things we are looking for and documenting and remembering the newer terms and how to assess for these things such as lochia, lactation, and fundal assessments. I want to be able to interact with my patients more in the future and have the confidence to assess them and their babies without being shy or afraid to speak to them. I noticed after last semester that I have grown a significant amount in my patient communication skills, but I realized I can become intimidated in new environments such as the one we are in now. I know it is only human to be nervous and make mistakes as I am learning and that is the best way to learn, but I just hope to become the best nurse I can be and provide the correct care and become knowledgeable in a field I am passionate about. I really enjoy making friends with my classmates that I haven't interacted with much previously and having conversations that enlighten each other and lift each other up, I think it makes for a much more enjoyable and safe experience for us all to trust each other. This week the bible verse I had meditated on was James 1:12, "Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him." I love this verse because it reminds me that there will always be trials and tribulations in life no matter what. We will always have obstacles and difficulties and things that may hold us back, I try to remember that Jesus can and will guide me through these times, especially because I do not know the outcome only, He does, and I must trust and believe that. I know that when things are bad to remain faithful because what matters is God's promises to those who are faithful to Him.