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During my second week of clinical, I had the opportunity to perform a newborn assessment. I received report on a newborn born two days prior to the assessment. The baby was born via c- section and weighed 9lb 15oz and APGAR was reported to be 9/9. After receiving report, I introduced myself to the mother and ask permission to assess her child. I reviewed the patient's chart and saw the blood type was O+ and the medications given were erythromycin, vitamin k, and hep b. These are the three standard medications given to each newborn in New York State.

With assessments, I learned to focus on the things I can visualize and then move on to the more complex assessments. I started with the newborn's skin, the skin was smooth and pink apart from small amounts of jaundice on the nose and cheek. I tried to auscultate the newborn's heart rate with two of my classmates, and we each ended with different readings. My clinical instructor ensured us that this is common for new nursing students, and it can take some getting used to. I also assessed the abdomen, genitalia, musculoskeletal, and neuro reflexes which were all normal.

The greatest challenge this week was feeling overwhelmed while trying to complete my assessment. While assessing reflexes and genitalia the baby started crying and the mother came over and began waiting by the door. I quickly finished as much as I could but felt bad because I did not want to lose that sense of trust from the mother. Baby and mom were reunited, and she was not upset she stated she just wanted to make sure her child was okay. As this was my first time on the unit experiencing many additional factors while still having a task to complete, it was

a lot. However, I am confident that with time I will learn how to better manage these situations as they arise.

I demonstrated personal and spiritual growth this week. I asked God to guide and protect me during this clinical day while continuing to strengthen my relationship with myself and God. Professional growth was displayed when I was concerned about the mother's feelings and not wanting her to be upset. The relationship between nurse and patient is extremely important. The greatest accomplishment along with interpersonal communications skills occurred with the mother of my patient.

The primary language was not English, I tried to use the interpreter tablet which was not working. I went back into the patient's room and attempted to use the bedside interpreter phone. Unfortunately, there were no Georgian interpreters available. I began to type to her using a translator application in addition to her understanding bits of English. I was able to communicate what would be happening. If this were anything else or a more serious degree, I would have continued to wait for an interpreter via bedside phone.

The nursing technical skills performed this week included taking a newborn's temperature and blood glucose, practicing time management, and using effective communication with patients and family members. I can improve by learning to remain calm and continuing to work while under pressure. Nursing can be very fast-paced so learning that skill now will be beneficial throughout my nursing career. The scripture reference this week is, "The Lord is with me, I will not be afraid. What can mere mortals do to me?" Psalm 118:6 I recited the beginning of this bible verse a few times during clinical. It is so easy to be fearful while still learning and practicing in a new environment. I know that God is on my side, and He will carry me through.