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Journal 2

It was my second day of clinical. My assignment was in the postpartum unit, where I assessed my patient who had a vaginal delivery as I walked into the room. My classmate introduced ourselves and informed her of who we were and how we will examine her by doing a head-to-toe assessment. She had a language barrier, which my classmate translated into Spanish and interpreted whatever question she may have had or was feeling. Her vitals were stable, and she was alert and oriented X3; there were no IVs, her skin was dry and warm to touch, and she showed good skin turgor. We proceeded, and a classmate informed her that we would also listen to her heart and lung sounds. S1 and S2 were present when auscultating her heart sound, and no adventitious lung sounds.

The professor helped me to examine and palpate her breasts. The breast was soft; nipples were erect and intact. Later, we auscultated her abdomen; bowel sounds were normoactive, and palpating her fundus was firm and two fingerbreadths below the umbilicus. Dr. Thomas helped me to examine her perineum, which was intact. It was redness and swelling, and the Lochia color was scant; the amount was serosa, and no odor. She began to express to my classmate in Spanish that she was feeling pain in her legs, and we examined her lower extremities. It was very swollen, and we told her to rate her pain level from 1 to 10; she said 7. Her pedal pulses were 2+, and she showed signs of pitting edema of 3+ and a positive Homans sign. I made my nurse aware of my assessment findings, and the nurse said that she was knowledgeable, HCP had been notified, an order was placed to get an ultrasound Doppler done, and she also gave her pain

medications. I later went into the nursery with my classmate, and my professor allowed me to provide a Hepatitis B Vaccine, IM, and later gave me the baby to hold. My greatest challenge was that I was nervous about carrying a baby for the first time when I was that little, and I overcame it by holding the baby. My greatest accomplishment was using some of my knowledge from previous nursing courses to identify a positive Homan sign which will indicate she needs further testing and determine if she has a more serious complication such as DVT. Jeremiah 29:11 “Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand” This verse shows you no matter what you may be going through, God Will always be present through the difficult time, He never said it would be easy, but he will guide you in everything you do and be there for you in time of depression.