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2/15/23  
Clinical Journal 4

This week at clinical I was assigned to DYAD which is couplet care meaning the care of mother and baby. I was able to attend to a very nice mom, she had a c-section. She had a cute baby boy and this was her third baby. She said she had more pain than usual, which is normal after a C- section. My partner and I assessed her vital signs, fundus, lochia, and suture line. She mentioned her pain level was 6/10. Patient's vital signs were normal, we told her nurse that she was in a lot of pain so then she gave her some Tylenol. Another thing I got to experience in clinical was I saw a circumcision. It was my first time seeing a circumcision and I truly felt bad for the baby. The doctor was quick and efficient and I liked how he explained every step to us while performing the circumcision. One of my challenges was that it was hard to assess my patients fundus due to her pain level. The patient did not want me to really assess her fundus due to her pain level. Once I start feeling comfortable with assessing the fundus I think I will perform better fundal assessments. One of my greatest accomplishments was able to remember how to make the patients bed the proper way. I struggled for a long time learning how to make a bed, I always thought nurses did not have to beds but starting nursing school I found out we did. Its also very important to make the patients bed, because a clean neat environment will help them recover faster. John 3:16 For God so loved the world, that he gave his only son, that whoever believes in him should not perish but have eternal life. This quote stood out to me during post conference when Sunita was talking about her experience in the ED trauma center. She was describing her experience and it was a sad story to hear. A middle aged guy had a cardiac arrest

while driving, came into the ED with faint pulse according to the EMS, and also came in with full blown pupil which indicates signs of death. The way she was describing the situation really made me think of my Dad or grandpa that has heart issues and stents. Anything can happen to anyone at any time and that we should never take life for granted. This bible verse stood out to me because God knows when we'll part from this earth but it's important to make sure we have accepted him as our lord and savior first.