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Journal 5

During my 5th week of clinical, I was assigned to mother and baby. I first arrived at my assigned mother. She was 26 years old, with a gravida/para of 2, TPAL was 2002. She had a vaginal birth; her blood type was O+ and her estimated blood loss was 350. I introduced myself and started to do my postpartum head-toe assessment. Her vitals were normal, temp 98.4, pulse 77BPM, respiration 18, BP 101/65. and she was alert and oriented and had no pain. Her breath sound was clear to auscultation bilaterally and normal heart sound. I proceeded to examine her breast. They were soft, flat, and intact. Her fundal was firm midline and one finger-width below the umbilicus, her perineum had a 2nd-degree laceration, and her lochia was Rubia and was moderate with an earthy odor. She had no varicosities, pedal pulses 2+, and Homan sign was negative, she had no sign of edema. As I finished assessing her, I brought her baby to the nursery. He was a male neonate. The time of birth and date was 02/22/2023 at 2:38 AM. The type of delivery was vaginal, His Apgar was 9/9, his blood type was B+ which was incompatible with the mother, Coombs was negative and TCB was 8:31. His vital were in the normal range, skin turgor was good and had physiological jaundice. My greatest challenge was needing assistance with feeling the fundus. My greatest accomplishment was being able to do my postpartum assessment without looking at my paper. My self-evaluation was being able to educate her about constipation because she hadn't had a bowel movement in a couple of days. The areas I need to improve on are knowing the assessment of a newborn and being able to count the heart rate. John 16:21" A woman giving birth to a child has pain because her time has come, but when her baby is born, she forgets the anguish because of her joy that a child is born into the

world.” When I came into the room, I saw her bonding with her child and looked so happy and could see the love she had for her baby.