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Today was another eventful day of clinical at Nyack Hospital. I was given the opportunity to be part of the Labor and delivery team where I had the opportunity to witness three births, one cesarian and two vaginal. Our first mom was third time cesarean after two boys she was finally getting a girl. The patient cesarean was schedule for 39 weeks, we started the morning prepping the patient for the OR. The patient vitals were taken and foley was placed. After patient signed consent off to the operating room we went, patient was given a epidural which numb everything from the thoracic down. Once the surgeon was in the room patient was prep for the procedure, everything is counted for from instrument to towels being open and used. The surgeon starts the cesarean by cutting every layer one by one all the way down to the uterus. There were a little issue unusual attachment of the bladder, which the physician maneuver around to get to the uterus, once the uterus was reached it was cut open exposing the embryotic sac which the physician gently rupture and present the baby girl suctioning her mouth then her nose, umbilical cord was cut nurses took the baby scrub her down and given to her parents. After surgery patient lost approximately 1000ml of blood, another check was done before patient was sutured back up and then again after staples were in. I had the opportunity to assist with putting the towelettes in each pocket holder.

The other two deliveries were vaginal, one being a VBAC and one being a first time mom. The VBAC birth was all natural no epidural and about three hours of pushing it was amazing seeing how the baby descends the birth canal after the birth it was interesting to see how the body expels the placenta and observing the doctor massage the fundus as it expels all the remaining blood from the uterus. The vaginal birth the patient lost a lot less blood around 500ml

which was half of the cesarean birth. The first time mom was in delivery for over 4 hours active pushing, we knew she was pushing accurately because with every push she defecated. Our first time mom had her mom the birth canal a little too long because the baby came out with a cone head. The patient lost 300ml of blood, this was a Jewish mom her husband did not participate in the birthing process he was completely tuned out until the baby was delivered and cleaned up.

God bless the labor and delivery nurse especially nurse Jacqueline, who had the patience and kindness throughout the entire process of this patient delivery process staying in the room not having a lunch break or water break being supportive to the patient and coaching her through the process. I don't think I personally will want to put myself or my body through that experience it looks painful. Nurse Alyssa tried to convince me once the baby comes your brain automatically forgets the trauma, I personally don't get how. Hoping one day to develop the stamina and patience of the nurses I had the privilege of working with today. "Being strengthened with all power according to his glorious might so that you may have great endurance and patience" **Colossians 1:11**. This quote because it reminded me of the nurses I worked with. The stamina and endurance to push through their shift and still keep a smile in their face.