

Stephanie Duque
Clinical Journal #6
March 3, 2023

This week was our last week at clinical, and I was quite sad about it, because this was probably one of the best clinical experiences I've had compared to my other clinical rotations. We had hands-on experience on various scenarios which helped us see the different aspects of Maternity. This clinical I was placed in Labor & Delivery, we had a C-section in the morning and a vaginal delivery in the afternoon. It was a very intense day with both deliveries, but everything went well with both. The first C section the mom was a Gravida 5 and Para 2 and a TPAL 3023. She was a nurse, had two boys and her third baby was a girl. Everything went well during the C section, the nurses were telling us everything that was happening during the section which was helpful. I helped assist with counting the lat pads, I also assisted the mom getting onto the surgical bed and making her feel comfortable. During the C section her BP dropped a bit; it was in the 70s over 40s. She lost a lot of blood during the section at the end we calculated her Estimated QBL and it was around 1,020 ml of blood loss. One of the accomplishments I had was I assisted in the C section, by helping the scrub tech and the nurse doing a count on the instruments and lat pads. I was glad I got to help out because the nurse that was assisting the C-section was overwhelmed because she had not done a C-section in 7 years and did not want her to get frustrated even more. We had another delivery that same day. It was a Vaginal delivery, in the morning the mom was around 4-6 cm dilated. We needed it to be around 10cm dilated to push. It took a long time for her because she was a first time mom, around 1pm she started pushing. We were both assisting her legs so she could push. Since she was a first time mom and was on the heavier side she had a hard time positioning herself well to push properly. We helped her count down so she can push and let us know when she feels a contraction. Finally her baby

was delivered at 3:02 pm to a baby boy. One of the challenges I went through was the smells in the room, it's something I would have to get used to as a nurse but it was hard at that moment. I thought that the whole vaginal delivery process was very interesting, learning and watching the cardinal mechanisms of labor was very interesting. I saw the nurse perform the newborn assessment and APGAR scoring, it was a quick assessment and I was glad I got to see it after birth. Overall I thought labor and delivery was very interesting and a lot of action and it's amazing to see the birth process. I always told myself I wouldn't work with peds or babies, I want to do ICU or ER. After this clinical I would not mind working in L&D, and bringing babies to this world. One of the bible verses that came to me during this clinical 1 Peter 5:7" casting all your anxieties on him, because he cares for you." This verse related to my patient who was having a vaginal delivery. She started getting anxious because her baby was taking a long time to deliver. We told her that everything is with patience, she was getting impatient and her heart rate was increasing. This bible verse relates to this patient because God will always be there for her even if she is anxious.