

Nursing Journal #6

This week my clinical hours were spent in the post-partum unit taking care of both mother and her newborn baby. This was our last clinical day for maternity, and I am utterly grateful for the experience and educational growth I attained. The greatest challenge for me this week was being prompt with assessing the newborn in order to prevent hypothermia. Self-reflection on growth for this week I can say I'm very comfortable communicating and providing teaching to my post-partum patient. I was able to assist in answering her questions about adequate feeding times and gave her tips on how to properly expulse gas from her newborn after feeding. I must continue to work on being prompt with newborn assessments in order to limit body exposure.

Spiritually, I continue to grow by praising God and being gracious throughout my journey. Professionally, growth was attained by adequately communicating and providing teaching to my patient. My greatest achievement for this week was performing a complete post-partum assessment without any guidance. Reflecting on my technical skills I am confident in my use of the stethoscope for lung and heart assessments and fundal assessment by palpation. Communication with Prof. Thomas helps me to keep track of what is expected from me during the shift. Communicating with the assigned nurse allowed me to get a deeper understanding on my patient's medical history and interventions. I was able to communicate efficiently with my cohort as we encourage each other to ask questions during post conference. I will continue to work on newborn assessments by building confidence with knowledge. A bible verse I found helpful this week was "Commit your work to the Lord and your plans will be established."

(Proverbs 16:3). This verse to me sheds light on my purpose. I am doing God's work by actively pursuing and choosing to learn and gain knowledge for the purpose of helping others.