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Clinical Leader: Amy Miedema

Clinical Reflection

Coming into my maternal/child placement at Peterborough Regional Health Centre I did not have an exact idea as to what postpartum would be like for mothers. Growing up, I have always focused on either the belly, the birth of the baby or the baby itself when I thought of pregnancy and what it would be like. Why do you think this was? What experiences have you encountered with pregnancy that shaped these views? I never really took into consideration the after care or what first time parents have to be taught before they can take their newborn home it is a tremendous responsibility- you can identify where some of the parental anxiety comes from during this transitional period. After being in placement and seeing what tests, assessments and after care that needs to be done during postpartum, I was very surprised What things in particular surprised you?. Before this course and placement I did not know that women could get up to 4th degree lacerations from their deliveries or that they were part of the assessment certainly not the norm- but definitely a little traumatic to think about. Did you have a particular patient with a 4th degree tear you could reflect on? I felt very nervous and awkward the first couple of times going in to do assessments on my patients as I was afraid of hurting them and was not sure what to exactly say Why do you think this is?. After watching my clinical instructor, other nurses and classmates perform their assessments; I felt a lot more comfortable with what I had to do. Once I began to perform my own assessments and was able to feel and look for myself, I found it got a lot less nerve wrecking and awkward as the day went on (what became easily, where did confidence help you, what did you find awkward?). I also realized that the moms were very welcoming to letting us learn and allowed us to assess and bathe their babies as well. It was very helpful to have our clinical instructor show us how to do a proper baby bath and what techniques to use. This was helpful as it showed us what to do on an actually baby versus a mannequin why was this more helpful?. Now having an understanding of the system and shape of the day of the floor, I feel a lot better and more comfortable in what I am doing and what to say to patients as well. I have really enjoyed my first few weeks of my maternal/child placement and hope to be able to use my new skills and learn new ones to use towards my practice. More specific here…

Some minor grammatical errors-be sure to proof read for flow of sentence structure. I think you are off to a good start here but the analysis and reflection portions need to be expanded. Take some time to review the comments above and add to your LEARN 1. Continue to ask yourself “Why?”.. dig a little deeper in your analysis and identify where you will go with this new knowledge. Glad you are enjoying your time on the floor so far!!