

Labor and Delivery Nurse
Senior Capstone Project
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Abstract

As previously seen, Labor and delivery Nurse (L&D) is a career in the Medical field and there are many branches in the Medical field, and every single one of these careers require school and a lot of dedication. Labor and Delivery Nurse is one of those careers where it could take you all over the world, whether it is just to assist another doctor and help him or her deliver the baby or whether the L&D is actually going to help the mother deliver her Child, because Labor and delivery nurses learn all about childbirth and the more the Nurse studies and the more experience they have the easier to do their job. The possibilities are endless. Everything that is needed to become a good and successful Labor and Delivery nurse is School to have passion towards that career and also have a lot of dedication, budget as well as patience and the actual interest in wanting to become a Labor and Delivery Nurse, also a mentor or somebody that can be of help and give you helpful advice and tips and what classes to take, what exactly to do for that career and will help make becoming a Labor and delivery nurse less of a burden to carry more enjoyable.

So what is a Labor and Delivery Nurse? (L&D) Labor and Delivery nurse have a very interesting role in the medical field. Birth giving is very beautiful thing that, the vast majority of women

have to go through. Labor and Delivery nurses are all over the world. In the United States of America most of children's births happen in hospitals. In many other countries that are highly developed including the United Kingdom, Sweden and Japan, midwives attend most children's births and far outnumber Obstetricians. In American Colonies "Midwives" attend almost all births, practicing from their homes and passing the skills they had brought from Britain from one woman to another informally. West African midwives came to America as slaves and attended the births of both black and white women in the antebellum south. Then After emancipation, the African-American midwives continued to take care of black and white poor women in most simple parts of the south, where they were referred as "granny midwives". American Indian tribes had their own midwives and midwifery traditions. In Europe and the British isles, where midwifery laws were national, in America the midwifery laws were local and they also were varied widely. With few midwifery schools, laws requiring education couldn't be kept, with only a few doctors that were positioned or willing to attend poor women, it wasn't practical to outlaw midwives. (Great leaders create an environment that enables the best solutions and the best decisions) Midwives in most states practiced without government control until the 1920s. Even today the regulation of midwifery varies from state to state. Medicine did not become professionalized in the United States until the last half of the 1800s. By the beginnings of the 20th century midwives attended only half of all births in the United States, and physicians attend the other half. **These were a few Historical facts about Labor a Delivery Nurses, with all this information been said we know that the assistance of a Labor and Delivery nurse is and has always has been important in the birth of a child.**

The exact job of a L&D nurse is to assists women during the process of giving birth. The Labor and delivery nurse is very similar to a perinatal nurse. The sole difference is that labor and delivery

nurses assist the women while she is giving birth. While the perinatal nurse helps the women throughout her pregnancy. During the women's labor the nurse monitors the fetal heart rate in order to assure the baby is handling labor well. The nurse also has to monitor the mother's blood pressure, her temperature, her strength and also the timing of her contractions and cervical dilation. Delivering a baby usually takes about 20 minutes to two hours. With this come numerous stages, there is the the signs of labor, false labor, then the First stage which is the longest stage in labor. It can usually last about 12 to 19 hours, the doctor will monitor the progress of how the labor is going and how the baby's head is located. While the expecting mother is in process to go onto the second stage the contractions become longer and stronger. In second stage the woman must push and deliver the baby. Now with this stage the woman has to push hard during her contractions and rest between the contractions. The Labor and delivery nurses can find ways to help out the patient to make her process of giving birth much more easy and comfortable as complicated as that seems, and when it's time to push the Labor and delivery nurse coach the woman with breathing exercises and pushing. A woman can give birth in positions such as squatting, sitting, kneeling or lying back. Now when the baby's head is showing the doctor will tell the woman to push and deliver the baby, the doctor then might make a small cut, called an "episiotomy". After the baby is now out, the mother or her partner can tell the doctor they want to cut the umbilical cord. The third stage is the shortest stage. The third stage consists of five to 30 minutes. Women will begin to have contractions five to 30 minutes after birth, being a signal that it's time to deliver the placenta. Some women get chills or begin to shake. The L&D must be there for all this to assist the Doctor during labor.

For someone who loves to deal with all this medicine, blood and craziness it's not as easy as you think, because you're not only dealing with one life, but two lives. The way to become a labor

nurse won't be easy, but if one person can do it why not anyone else who has interest in this field. To become a Labor and delivery nurse the person wanting this career has to earn an Associates of science in Nursing or a Bachelor of Science in nursing degree through an accredited college or university, which is a college or university that is approved. Students can take elective courses in college or university they attend in the field of Labor and delivery nurse in order to be much more prepared for the career of being a Labor and Delivery nurse. After all of this comes graduation. In order to walk across the stage the student must successfully pass the NCLEX (National Council Licensure Examination). A Board certification can be obtained following clinical experience as a staff nurse and working in the labor and delivery unit. "Nurses who assist laboring women today have acquired skills by attending advanced fetal monitoring workshops in which every pregnancy is considered a high-risk condition until proven otherwise. Instead of watching the birth process unfold with its own rhythm they are most comfortable with drugs that can be used to slow down the process or speed it up according to the situation." "L&D nursing requires understanding, decision making, critical thinking, and communication skills. Most L&D registered nurses have some general medical surgical nursing background. L&D nurses must be able to communicate effectively with patients, families, and other healthcare providers. They must have skills to prioritize patient needs and cope well with a fast paced and sometimes stressful environment."

Now looking for a job may seem hard in other careers, but in a Labor and delivery nurse career it may sometimes be a positive result. "Nursing is one of the fastest growing fields in the United States. According to the U.S. Bureau of Labor Statistics, the profession is expected to grow at a 26% clip by 2020, adding nearly 712,000 jobs in a 10 year span. There's a large demand and there's also countless of opportunities for upcoming professionals in the field, not just in the standard RN role, but in specialty nursing roles as well." However there has been an estimate that positions as a labor and delivery nurse

may be much more difficult to get over the next decade, why? Some people may ask, this is because the Labor and Delivery nurse career is a popular area in the Medical field. There is a 19% of labor and delivery male nurses and an 81% females labor and delivery nurses. However there are Pros and Cons in this career, in Labor and delivery nursing there is nothing else like waiting to give the mother her new born baby, but in many occasions there have been fatalities during this process and it's not the easiest thing to say to a mother. That would be something negative of this career, if this occurs it can be really difficult, but it is possible that it will happen at some point of the career. This career may be difficult, but Nurses will always be needed and not only at a local hospital, but all over the world.

After the entire job search is done the nurse will have a good steady job and then Salary comes. Money what everyone wants? The Salary of a Labor and Delivery nurse annually is \$70,000 or even more. Those would be nurses with a master's degree. What L&D make an hour is \$25.80 to \$37.84. However A Nurse can expect the pay rate to increase the longer they are employed, they could make an income of just about \$80,000 a year. The average salary a month is \$4,533-\$6,800. Saying all this Labor and delivery nurses win a very good salary and in order to win more they have to have more experience keep going to school to learn and know more things than just the basics they got taught in the process of becoming a Labor and Delivery Nurse.

Knowing All this becoming a Labor and delivery nurse may look like fun and something interesting to do, but there are many steps to becoming a Labor and delivery nurse. Not only its a career which nurses have to compete sort of in a way, you must fight for the career you want. All these Labor and delivery nurses don't just have to work in a local regular hospitals, people all around the world are in need of nurses to assist different women. It is not the easiest career, but if many nurses have been successful in pursuing their dream of becoming a Labor and delivery nurse anyone that like

everything that has to do with helping expectant mother and helping them to deliver their baby, this career is all about passion in helping others and being a good assistant and helping out the main doctor. It also has a good salary with it, but in the end you will assist and be the extra hand that more than one person needs in the process of delivering a baby. Not only a labor and delivery nurse can help in a hospital, but also anywhere else a woman is in need the delivery nurse will know exactly what to do in a situation like this. Labor and delivery nurses is just one of the many branches in this field, and the more someone keeps studying and putting effort into the career first the person who is doing this will have a better salary, but also when its time to retire they don't necessarily have to leave and that's it, no the nurse can teach the new student nurses to help them get as far as they did in that career and it will become a cycle and these labor and delivery nurses are needed all over the world. So with all this being said being a Labor and delivery nurse is challenging, but not impossible to achieve. Nursing. It's not just a career, it's a calling.

Resources

<http://www.aacn.nche.edu/>

<http://www.womenshealth.gov/pregnancy/>

<http://averagersalary.net/>

<http://www.medicaljobs.org/articles/is-being-a-labor-and-delivery-nurse-as-easy-as-it-looks.php>

<http://www.travelnursing.org/obstetrics-nursing.php>

Hofmeyr J. 2000. *A guide to effective care in pregnancy and childbirth* (3rd ed.). Oxford, UK: Oxford University Press.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1595199/>

Retrieved from Nurses for a healthier tomorrow; career info (2013)

<http://www.nursesource.org/labor.html>

Retrieved from Nursing School Programs; 2012

<http://nursingschoolprograms.net/careers/labor-delivery-nurse/>