

# [Shameeka herring](https://assignbuster.com/shameeka-herring/)

[Health & Medicine](https://assignbuster.com/essay-subjects/health-n-medicine/), [Pregnancy](https://assignbuster.com/essay-subjects/health-n-medicine/pregnancy/)

Shameeka Herring 10 February 2013 Personal Narrative Essay A Frightening Experience When I look at pictures of myself , I realize how much I've grown and changed, not only physically, also mentally as a person in the last fifteen years. Less then one year after graduating high school , I received some frightening news, I was pregnant. I had dreams and so much potential, this would surely detour me from my goal in life of becoming a nurse and possibly shatter them forever. I was about to bring a life into the world. I find myself reflecting on the last fifteen years of my life. How much it has changed and how much fuller it has become. I knew that raising children can be very rewarding, it is also far from being an easy task. That's the reason I wanted to wait to have children. I wanted to be married, graduate from college so at least I would have help and be financially prepared. However despite having all these expectations before giving birth, I was still unprepared and humbled by the birth of my son Brandon, my own private miracle. I remember it like it was yesterday. I woke up early in the morning with the sun shinning through the window. I had a 8: 00a. m doctors appointment. I arrived at the doctors office 20 minutes early. I collected a urine sample and placed it in the metal cabinet which is done at every visit. I sat back in the waiting room and waited until I was called. After about 10 minutes the nurse replied," Shameeka Herring, right this way". Once we got into the exam room she began to take my vital signs and asking me a series of question. Are you having any problems? I replied " No". Are there any chances you might be pregnant? I replied " No". What is the nature for you visit today? I'm here for my annual exam and I need a refill on my birth control pills. The nurse told me to undress from the waist down, put the drape around my waist, and said," the doctor will be in shortly". As I finished undressing I heard a knock on the door, it was Dr. Mussleman. He walked in and said, " hello Shameeka, how are you doing today"? I replied " I'm doing just fine". He informed that my pregnancy test came back positive. I was in disbelief. He then asked was I aware of this and have I been having any symptoms. I told him no i wasn't aware of this, how could this be this was a mistake. He stated, the nurse ran the test twice, and both time it came back positive. He informed me he was going to send me down the hall for an ultrasound to determine my due date and how far along I am. When I left the doctor's office, I had found out I was 3 months pregnant, and my baby was due on January 18, 1999. They could not determine the sex of my baby because it was still early. I had to come back in 2 months if I wanted to find out , If I was having a boy or a girl. As a soon to be mother, I had to figure out a plan. I had to find a daycare, weigh my options about school, and find another job that would be able to support myself as well as my baby. I made sure to attended all of my doctor's appointments. Took my prenatal vitamins and watched what I ate. As the months rolled around my belly had gotten bigger. My appetite had increased and I put on almost 45lbs. The doctor was very pleased with the growth of my baby. I couldn't believe that in a few weeks I would be someones mother. I would be responsible for something so fragile and precious. Needless to say my due date came and went. I was nervous and frightened at the same time. I thought that women could only be pregnant for 9 months. I was currently 2 weeks over due. My doctor informed me that this is sometimes common in first time mother's. He wanted to perform an emergency C- Section for the following morning. I didn't get any sleep I tossed and turned the whole night. I arrived at the hospital at 5: 00 a. m. as instructed by my doctor. Once I was admitted, I was giving a room and taken up to labor and delivery. Two nurses came into my room, one nurse asked me questions while the other started my IV and applied a holter monitor to my belly. This procedure is used to monitor the heart rate and stress levels of the fetus while its still in the womb. Once the monitor was in applied, the nurse stared me on a patossian drip. This medication is used to induce labor in pregnant women, sometime causing labor pains to be much more severe than normal. After about 5 hours, my contractions began. I was not emotionally or mentally prepared for what I was about to endure. The pain was so excruciating, and gut wrenching that I literally pulled out patches of my hair. I wouldn't wish this pain on my worse enemy. As I lay in this bed , I wonder how women subject themselves to all this misery and pain. I remember horror stories that were told to me by my aunt's and cousins about their experiences of being in labor. I thought they were just making things up to scare me, but now I know that everything they told me was real. I wish I would have listened to them because if so I would not be in so much agony. As I allowed my mind to drift away to escape my own personal hell, the nurse came into my room snapping me back to reality. As the nurse walked over to my bed, she informed that she had just paged my doctor because there were abnormal reading on the holtor monitor. I was so nervous and scared I didn't know what to think. She told me that my baby was in distress. I replied " distress" what does that mean? She explained that when I turn to my right side the baby is fine, but when I turn to my left side the baby heart rate drop at that very moment tears began streaming down my face . The nurse told me that I must lay flat on my back until I deliver to cause less stress on the fetus. Despite all the pain I was experiencing, I did what I was told and believe me it was hard. My only concern was to make sure my baby was alright. By the time my doctor arrived to my room, I had been in labor for 11 hours. He told me that the nurse informed him that I only dilated 1 1/2 centimeters and my water had not broke. He told me that he was going to break my water himself, by inserting a small metal hook into my cervix to break my amniotic sac. The nurse returned to my room assisted me in scooting to the edge of the bed and she began to put both of my feet in stirrups. She began to lay out gloves, and the instrument the doctor would be using in this procedure. After she was done the doctor came back in, he told me I would feel a little pressure, before knew it I felt a gush of water and it was all over. The doctor said that hopefully I will have my baby in a few hours if all goes well. An hour later, the nurse returned to my room to check on me. My labor pains was much more severe than before, I cried and begged the nurse to give me some medication to take away the pain but unfortunately there was nothing she could do. I had to fight through the pain until I dilated 5 centimeters so I can get an epidural and at time I was only at 4 centimeters. I was in labor for 16 hours, before my doctor can in and told me that my baby's heart rate was rapidly declining so he was going to perform an emergency cesarean section. This is a surgical procedure in which an incision is made through a women abdomen and uterus to deliver a fetus. The next think my delivery room started to transform right before my very eyes. Lights started to come down from the ceiling, surgical equipment was being brought into the room. I was petrified at all the things I was seeing take place. The anesthesiologist on staff at the hospital came into my room to give me an epidural. An epidural is a method used to relieve labor pains. I couldn't believe the power of this drug. I had no pain at all, I wanted to kiss my doctor for rescuing me from all the torture and pain I was experiencing. Once my baby was delivered, I was waiting to hear the sound that every mother dreams of hearing and it never came. All I heard was code blue, labor and delivery come across the hospital intercom. All the doctors and nurses were running around my room franticly. At that very moment I glanced down and seen a tiny purple lifeless body. At that very moment I scream so loud that it echoed throughout the hospital. I broke down and sob uncontrollably. Why is this happening to me? I asked whats going on? Whats wrong with my baby? Is he going to be ok? All my questions went unanswered. Finally, I over heard two nurses talking, thats when I found out that the umbilical cord was wrapped around my babies neck. One nurse started CPR while the other administered oxygen. I couldn't believe this was happening to me after I had endured only to have my baby taken away from me in a split second. At that very moment I started praying. God please save my baby, I know you are the only one that can help me at this moment. I don't think I can go on if my baby don't make it. Please God help me. After about 20 minutes, I heard the greatest sound in the world, my baby's first cry. All I could utter was thank you God, thank you. The nurse walked over to me and said " congratulations, it a boy"! Then she handed me my 7 1/2 pound bundle of joy. Shameeka Herring 10 February 2013 Personal Narrative Essay A Frightening Experience When I look at pictures of myself , I realize how much I've grown and changed, not only physically, also mentally as a person in the last fifteen years. Less then one year after graduating high school , I received some frightening news, I was pregnant. I had dreams and so much potential, this would surely detour me from my goal in life of becoming a nurse and possibly shatter them forever. I was about to bring a life into the world. I find myself reflecting on the last fifteen years of my life. How much it has changed and how much fuller it has become. I knew that raising children can be very rewarding, it is also far from being an easy task. That's the reason I wanted to wait to have children. I wanted to be married, graduate from college so at least I would have help and be financially prepared. However despite having all these expectations before giving birth, I was still unprepared and humbled by the birth of my son Brandon, my own private miracle. I remember it like it was yesterday. I woke up early in the morning with the sun shinning through the window. I had a 8: 00a. m doctors appointment. I arrived at the doctors office 20 minutes early. I collected a urine sample and placed it in the metal cabinet which is done at every visit. I sat back in the waiting room and waited until I was called. After about 10 minutes the nurse replied," Shameeka Herring, right this way". Once we got into the exam room she began to take my vital signs and asking me a series of question. Are you having any problems? I replied " No". Are there any chances you might be pregnant? I replied " No". What is the nature for you visit today? I'm here for my annual exam and I need a refill on my birth control pills. The nurse told me to undress from the waist down, put the drape around my waist, and said," the doctor will be in shortly". As I finished undressing I heard a knock on the door, it was Dr. Mussleman. He walked in and said, " hello Shameeka, how are you doing today"? I replied " I'm doing just fine". He informed that my pregnancy test came back positive. I was in disbelief. He then asked was I aware of this and have I been having any symptoms. I told him no i wasn't aware of this, how could this be this was a mistake. He stated, the nurse ran the test twice, and both time it came back positive. He informed me he was going to send me down the hall for an ultrasound to determine my due date and how far along I am. When I left the doctor's office, I had found out I was 3 months pregnant, and my baby was due on January 18, 1999. They could not determine the sex of my baby because it was still early. I had to come back in 2 months if I wanted to find out , If I was having a boy or a girl. As a soon to be mother, I had to figure out a plan. I had to find a daycare, weigh my options about school, and find another job that would be able to support myself as well as my baby. I made sure to attended all of my doctor's appointments. Took my prenatal vitamins and watched what I ate. As the months rolled around my belly had gotten bigger. My appetite had increased and I put on almost 45lbs. The doctor was very pleased with the growth of my baby. I couldn't believe that in a few weeks I would be someones mother. I would be responsible for something so fragile and precious. Needless to say my due date came and went. I was nervous and frightened at the same time. I thought that women could only be pregnant for 9 months. I was currently 2 weeks over due. My doctor informed me that this is sometimes common in first time mother's. He wanted to perform an emergency C- Section for the following morning. I didn't get any sleep I tossed and turned the whole night. I arrived at the hospital at 5: 00 a. m. as instructed by my doctor. Once I was admitted, I was giving a room and taken up to labor and delivery. Two nurses came into my room, one nurse asked me questions while the other started my IV and applied a holter monitor to my belly. This procedure is used to monitor the heart rate and stress levels of the fetus while its still in the womb. Once the monitor was in applied, the nurse stared me on a patossian drip. This medication is used to induce labor in pregnant women, sometime causing labor pains to be much more severe than normal. After about 5 hours, my contractions began. I was not emotionally or mentally prepared for what I was about to endure. The pain was so excruciating, and gut wrenching that I literally pulled out patches of my hair. I wouldn't wish this pain on my worse enemy. As I lay in this bed , I wonder how women subject themselves to all this misery and pain. I remember horror stories that were told to me by my aunt's and cousins about their experiences of being in labor. I thought they were just making things up to scare me, but now I know that everything they told me was real. I wish I would have listened to them because if so I would not be in so much agony. As I allowed my mind to drift away to escape my own personal hell, the nurse came into my room snapping me back to reality. As the nurse walked over to my bed, she informed that she had just paged my doctor because there were abnormal reading on the holtor monitor. I was so nervous and scared I didn't know what to think. She told me that my baby was in distress. I replied " distress" what does that mean? She explained that when I turn to my right side the baby is fine, but when I turn to my left side the baby heart rate drop at that very moment tears began streaming down my face . The nurse told me that I must lay flat on my back until I deliver to cause less stress on the fetus. Despite all the pain I was experiencing, I did what I was told and believe me it was hard. My only concern was to make sure my baby was alright. By the time my doctor arrived to my room, I had been in labor for 11 hours. He told me that the nurse informed him that I only dilated 1 1/2 centimeters and my water had not broke. He told me that he was going to break my water himself, by inserting a small metal hook into my cervix to break my amniotic sac. The nurse returned to my room assisted me in scooting to the edge of the bed and she began to put both of my feet in stirrups. She began to lay out gloves, and the instrument the doctor would be using in this procedure. After she was done the doctor came back in, he told me I would feel a little pressure, before knew it I felt a gush of water and it was all over. The doctor said that hopefully I will have my baby in a few hours if all goes well. An hour later, the nurse returned to my room to check on me. My labor pains was much more severe than before, I cried and begged the nurse to give me some medication to take away the pain but unfortunately there was nothing she could do. I had to fight through the pain until I dilated 5 centimeters so I can get an epidural and at time I was only at 4 centimeters. I was in labor for 16 hours, before my doctor can in and told me that my baby's heart rate was rapidly declining so he was going to perform an emergency cesarean section. This is a surgical procedure in which an incision is made through a women abdomen and uterus to deliver a fetus. The next think my delivery room started to transform right before my very eyes. Lights started to come down from the ceiling, surgical equipment was being brought into the room. I was petrified at all the things I was seeing take place. The anesthesiologist on staff at the hospital came into my room to give me an epidural. An epidural is a method used to relieve labor pains. I couldn't believe the power of this drug. I had no pain at all, I wanted to kiss my doctor for rescuing me from all the torture and pain I was experiencing. Once my baby was delivered, I was waiting to hear the sound that every mother dreams of hearing and it never came. All I heard was code blue, labor and delivery come across the hospital intercom. All the doctors and nurses were running around my room franticly. At that very moment I glanced down and seen a tiny purple lifeless body. At that very moment I scream so loud that it echoed throughout the hospital. I broke down and sob uncontrollably. Why is this happening to me? I asked whats going on? Whats wrong with my baby? Is he going to be ok? All my questions went unanswered. Finally, I over heard two nurses talking, thats when I found out that the umbilical cord was wrapped around my babies neck. One nurse started CPR while the other administered oxygen. I couldn't believe this was happening to me after I had endured only to have my baby taken away from me in a split second. At that very moment I started praying. God please save my baby, I know you are the only one that can help me at this moment. I don't think I can go on if my baby don't make it. Please God help me. After about 20 minutes, I heard the greatest sound in the world, my baby's first cry. All I could utter was thank you God, thank you. The nurse walked over to me and said " congratulations, it a boy"! Then she handed me my 7 1/2 pound bundle of joy. Shameeka Herring 10 February 2013 Personal Narrative Essay A Frightening Experience When I look at pictures of myself , I realize how much I've grown and changed, not only physically, also mentally as a person in the last fifteen years. Less then one year after graduating high school , I received some frightening news, I was pregnant. I had dreams and so much potential, this would surely detour me from my goal in life of becoming a nurse and possibly shatter them forever. I was about to bring a life into the world. I find myself reflecting on the last fifteen years of my life. How much it has changed and how much fuller it has become. I knew that raising children can be very rewarding, it is also far from being an easy task. That's the reason I wanted to wait to have children. I wanted to be married, graduate from college so at least I would have help and be financially prepared. However despite having all these expectations before giving birth, I was still unprepared and humbled by the birth of my son Brandon, my own private miracle. I remember it like it was yesterday. I woke up early in the morning with the sun shinning through the window. I had a 8: 00a. m doctors appointment. I arrived at the doctors office 20 minutes early. I collected a urine sample and placed it in the metal cabinet which is done at every visit. I sat back in the waiting room and waited until I was called. After about 10 minutes the nurse replied," Shameeka Herring, right this way". Once we got into the exam room she began to take my vital signs and asking me a series of question. Are you having any problems? I replied " No". Are there any chances you might be pregnant? I replied " No". What is the nature for you visit today? I'm here for my annual exam and I need a refill on my birth control pills. The nurse told me to undress from the waist down, put the drape around my waist, and said," the doctor will be in shortly". As I finished undressing I heard a knock on the door, it was Dr. Mussleman. He walked in and said, " hello Shameeka, how are you doing today"? I replied " I'm doing just fine". He informed that my pregnancy test came back positive. I was in disbelief. He then asked was I aware of this and have I been having any symptoms. I told him no i wasn't aware of this, how could this be this was a mistake. He stated, the nurse ran the test twice, and both time it came back positive. He informed me he was going to send me down the hall for an ultrasound to determine my due date and how far along I am. When I left the doctor's office, I had found out I was 3 months pregnant, and my baby was due on January 18, 1999. They could not determine the sex of my baby because it was still early. I had to come back in 2 months if I wanted to find out , If I was having a boy or a girl. As a soon to be mother, I had to figure out a plan. I had to find a daycare, weigh my options about school, and find another job that would be able to support myself as well as my baby. I made sure to attended all of my doctor's appointments. Took my prenatal vitamins and watched what I ate. As the months rolled around my belly had gotten bigger. My appetite had increased and I put on almost 45lbs. The doctor was very pleased with the growth of my baby. I couldn't believe that in a few weeks I would be someones mother. I would be responsible for something so fragile and precious. Needless to say my due date came and went. I was nervous and frightened at the same time. I thought that women could only be pregnant for 9 months. I was currently 2 weeks over due. My doctor informed me that this is sometimes common in first time mother's. He wanted to perform an emergency C- Section for the following morning. I didn't get any sleep I tossed and turned the whole night. I arrived at the hospital at 5: 00 a. m. as instructed by my doctor. Once I was admitted, I was giving a room and taken up to labor and delivery. Two nurses came into my room, one nurse asked me questions while the other started my IV and applied a holter monitor to my belly. This procedure is used to monitor the heart rate and stress levels of the fetus while its still in the womb. Once the monitor was in applied, the nurse stared me on a patossian drip. This medication is used to induce labor in pregnant women, sometime causing labor pains to be much more severe than normal. After about 5 hours, my contractions began. I was not emotionally or mentally prepared for what I was about to endure. The pain was so excruciating, and gut wrenching that I literally pulled out patches of my hair. I wouldn't wish this pain on my worse enemy. As I lay in this bed , I wonder how women subject themselves to all this misery and pain. I remember horror stories that were told to me by my aunt's and cousins about their experiences of being in labor. I thought they were just making things up to scare me, but now I know that everything they told me was real. I wish I would have listened to them because if so I would not be in so much agony. As I allowed my mind to drift away to escape my own personal hell, the nurse came into my room snapping me back to reality. As the nurse walked over to my bed, she informed that she had just paged my doctor because there were abnormal reading on the holtor monitor. I was so nervous and scared I didn't know what to think. She told me that my baby was in distress. I replied " distress" what does that mean? She explained that when I turn to my right side the baby is fine, but when I turn to my left side the baby heart rate drop at that very moment tears began streaming down my face . The nurse told me that I must lay flat on my back until I deliver to cause less stress on the fetus. Despite all the pain I was experiencing, I did what I was told and believe me it was hard. My only concern was to make sure my baby was alright. By the time my doctor arrived to my room, I had been in labor for 11 hours. He told me that the nurse informed him that I only dilated 1 1/2 centimeters and my water had not broke. He told me that he was going to break my water himself, by inserting a small metal hook into my cervix to break my amniotic sac. The nurse returned to my room assisted me in scooting to the edge of the bed and she began to put both of my feet in stirrups. She began to lay out gloves, and the instrument the doctor would be using in this procedure. After she was done the doctor came back in, he told me I would feel a little pressure, before knew it I felt a gush of water and it was all over. The doctor said that hopefully I will have my baby in a few hours if all goes well. An hour later, the nurse returned to my room to check on me. My labor pains was much more severe than before, I cried and begged the nurse to give me some medication to take away the pain but unfortunately there was nothing she could do. I had to fight through the pain until I dilated 5 centimeters so I can get an epidural and at time I was only at 4 centimeters. I was in labor for 16 hours, before my doctor can in and told me that my baby's heart rate was rapidly declining so he was going to perform an emergency cesarean section. This is a surgical procedure in which an incision is made through a women abdomen and uterus to deliver a fetus. The next think my delivery room started to transform right before my very eyes. Lights started to come down from the ceiling, surgical equipment was being brought into the room. I was petrified at all the things I was seeing take place. The anesthesiologist on staff at the hospital came into my room to give me an epidural. An epidural is a method used to relieve labor pains. I couldn't believe the power of this drug. I had no pain at all, I wanted to kiss my doctor for rescuing me from all the torture and pain I was experiencing. Once my baby was delivered, I was waiting to hear the sound that every mother dreams of hearing and it never came. All I heard was code blue, labor and delivery come across the hospital intercom. All the doctors and nurses were running around my room franticly. At that very moment I glanced down and seen a tiny purple lifeless body. At that very moment I scream so loud that it echoed throughout the hospital. I broke down and sob uncontrollably. Why is this happening to me? I asked whats going on? Whats wrong with my baby? Is he going to be ok? All my questions went unanswered. Finally, I over heard two nurses talking, thats when I found out that the umbilical cord was wrapped around my babies neck. One nurse started CPR while the other administered oxygen. I couldn't believe this was happening to me after I had endured only to have my baby taken away from me in a split second. At that very moment I started praying. God please save my baby, I know you are the only one that can help me at this moment. I don't think I can go on if my baby don't make it. Please God help me. After about 20 minutes, I heard the greatest sound in the world, my baby's first cry. All I could utter was thank you God, thank you. The nurse walked over to me and said " congratulations, it a boy"! Then she handed me my 7 1/2 pound bundle of joy. Shameeka Herring 10 February 2013 Personal Narrative Essay A Frightening Experience When I look at pictures of myself , I realize how much I've grown and changed, not only physically, also mentally as a person in the last fifteen years. Less then one year after graduating high school , I received some frightening news, I was pregnant. I had dreams and so much potential, this would surely detour me from my goal in life of becoming a nurse and possibly shatter them forever. I was about to bring a life into the world. I find myself reflecting on the last fifteen years of my life. How much it has changed and how much fuller it has become. I knew that raising children can be very rewarding, it is also far from being an easy task. That's the reason I wanted to wait to have children. I wanted to be married, graduate from college so at least I would have help and be financially prepared. However despite having all these expectations before giving birth, I was still unprepared and humbled by the birth of my son Brandon, my own private miracle. I remember it like it was yesterday. I woke up early in the morning with the sun shinning through the window. I had a 8: 00a. m doctors appointment. I arrived at the doctors office 20 minutes early. I collected a urine sample and placed it in the metal cabinet which is done at every visit. I sat back in the waiting room and waited until I was called. After about 10 minutes the nurse replied," Shameeka Herring, right this way". Once we got into the exam room she began to take my vital signs and asking me a series of question. Are you having any problems? I replied " No". Are there any chances you might be pregnant? I replied " No". What is the nature for you visit today? I'm here for my annual exam and I need a refill on my birth control pills. The nurse told me to undress from the waist down, put the drape around my waist, and said," the doctor will be in shortly". As I finished undressing I heard a knock on the door, it was Dr. Mussleman. He walked in and said, " hello Shameeka, how are you doing today"? I replied " I'm doing just fine". He informed that my pregnancy test came back positive. I was in disbelief. He then asked was I aware of this and have I been having any symptoms. I told him no i wasn't aware of this, how could this be this was a mistake. He stated, the nurse ran the test twice, and both time it came back positive. He informed me he was going to send me down the hall for an ultrasound to determine my due date and how far along I am. When I left the doctor's office, I had found out I was 3 months pregnant, and my baby was due on January 18, 1999. They could not determine the sex of my baby because it was still early. I had to come back in 2 months if I wanted to find out , If I was having a boy or a girl. As a soon to be mother, I had to figure out a plan. I had to find a daycare, weigh my options about school, and find another job that would be able to support myself as well as my baby. I made sure to attended all of my doctor's appointments. Took my prenatal vitamins and watched what I ate. As the months rolled around my belly had gotten bigger. My appetite had increased and I put on almost 45lbs. The doctor was very pleased with the growth of my baby. I couldn't believe that in a few weeks I would be someones mother. I would be responsible for something so fragile and precious. Needless to say my due date came and went. I was nervous and frightened at the same time. I thought that women could only be pregnant for 9 months. I was currently 2 weeks over due. My doctor informed me that this is sometimes common in first time mother's. He wanted to perform an emergency C- Section for the following morning. I didn't get any sleep I tossed and turned the whole night. I arrived at the hospital at 5: 00 a. m. as instructed by my doctor. Once I was admitted, I was giving a room and taken up to labor and delivery. Two nurses came into my room, one nurse asked me questions while the other started my IV and applied a holter monitor to my belly. This procedure is used to monitor the heart rate and stress levels of the fetus while its still in the womb. Once the monitor was in applied, the nurse stared me on a patossian drip. This medication is used to induce labor in pregnant women, sometime causing labor pains to be much more severe than normal. After about 5 hours, my contractions began. I was not emotionally or mentally prepared for what I was about to endure. The pain was so excruciating, and gut wrenching that I literally pulled out patches of my hair. I wouldn't wish this pain on my worse enemy. As I lay in this bed , I wonder how women subject themselves to all this misery and pain. I remember horror stories that were told to me by my aunt's and cousins about their experiences of being in labor. I thought they were just making things up to scare me, but now I know that everything they told me was real. I wish I would have listened to them because if so I would not be in so much agony. As I allowed my mind to drift away to escape my own personal hell, the nurse came into my room snapping me back to reality. As the nurse walked over to my bed, she informed that she had just paged my doctor because there were abnormal reading on the holtor monitor. I was so nervous and scared I didn't know what to think. She told me that my baby was in distress. I replied " distress" what does that mean? She explained that when I turn to my right side the baby is fine, but when I turn to my left side the baby heart rate drop at that very moment tears began streaming down my face . The nurse told me that I must lay flat on my back until I deliver to cause less stress on the fetus. Despite all the pain I was experiencing, I did what I was told and believe me it was hard. My only concern was to make sure my baby was alright. By the time my doctor arrived to my room, I had been in labor for 11 hours. He told me that the nurse informed him that I only dilated 1 1/2 centimeters and my water had not broke. He told me that he was going to break my water himself, by inserting a small metal hook into my cervix to break my amniotic sac. The nurse returned to my room assisted me in scooting to the edge of the bed and she began to put both of my feet in stirrups. She began to lay out gloves, and the instrument the doctor would be using in this procedure. After she was done the doctor came back in, he told me I would feel a little pressure, before knew it I felt a gush of water and it was all over. The doctor said that hopefully I will have my baby in a few hours if all goes well. An hour later, the nurse returned to my room to check on me. My labor pains was much more severe than before, I cried and begged the nurse to give me some medication to take away the pain but unfortunately there was nothing she could do. I had to fight through the pain until I dilated 5 centimeters so I can get an epidural and at time I was only at 4 centimeters. I was in labor for 16 hours, before my doctor can in and told me that my baby's heart rate was rapidly declining so he was going to perform an emergency cesarean section. This is a surgical procedure in which an incision is made through a women abdomen and uterus to deliver a fetus. The next think my delivery room started to transform right before my very eyes. Lights started to come down from the ceiling, surgical equipment was being brought into the room. I was petrified at all the things I was seeing take place. The anesthesiologist on staff at the hospital came into my room to give me an epidural. An epidural is a method used to relieve labor pains. I couldn't believe the power of this drug. I had no pain at all, I wanted to kiss my doctor for rescuing me from all the torture and pain I was experiencing. Once my baby was delivered, I was waiting to hear the sound that every mother dreams of hearing and it never came. All I heard was code blue, labor and delivery come across the hospital intercom. All the doctors and nurses were running around my room franticly. At that very moment I glanced down and seen a tiny purple lifeless body. At that very moment I scream so loud that it echoed throughout the hospital. I broke down and sob uncontrollably. Why is this happening to me? I asked whats going on? Whats wrong with my baby? Is he going to be ok? All my questions went unanswered. Finally, I over heard two nurses talking, thats when I found out that the umbilical cord was wrapped around my babies neck. One nurse started CPR while the other administered oxygen. I couldn't believe this was happening to me after I had endured only to have my baby taken away from me in a split second. At that very moment I started praying. God please save my baby, I know you are the only one that can help me at this moment. I don't think I can go on if my baby don't make it. Please God help me. After about 20 minutes, I heard the greatest sound in the world, my baby's first cry. All I could utter was thank you God, thank you. The nurse walked over to me and said " congratulations, it a boy"! Then she handed me my 7 1/2 pound bundle of joy. Shameeka Herring 10 February 2013 Personal Narrative Essay A Frightening Experience When I look at pictures of myself , I realize how much I've grown and changed, not only physically, also mentally as a person in the last fifteen years. Less then one year after graduating high school , I received some frightening news, I was pregnant. I had dreams and so much potential, this would surely detour me from my goal in life of becoming a nurse and possibly shatter them forever. I was about to bring a life into the world. I find myself reflecting on the last fifteen years of my life. How much it has changed and how much fuller it has become. I knew that raising children can be very rewarding, it is also far from being an easy task. That's the reason I wanted to wait to have children. I wanted to be married, graduate from college so at least I would have help and be financially prepared. However despite having all these expectations before giving birth, I was still unprepared and humbled by the birth of my son Brandon, my own private miracle. I remember it like it was yesterday. I woke up early in the morning with the sun shinning through the window. I had a 8: 00a. m doctors appointment. I arrived at the doctors office 20 minutes early. I collected a urine sample and placed it in the metal cabinet which is done at every visit. I sat back in the waiting room and waited until I was called. After about 10 minutes the nurse replied," Shameeka Herring, right this way". Once we got into the exam room she began to take my vital signs and asking me a series of question. Are you having any problems? I replied " No". Are there any chances you might be pregnant? I replied " No". What is the nature for you visit today? I'm here for my annual exam and I need a refill on my birth control pills. The nurse told me to undress from the waist down, put the drape around my waist, and said," the doctor will be in shortly". As I finished undressing I heard a knock on the door, it was Dr. Mussleman. He walked in and said, " hello Shameeka, how are you doing today"? I replied " I'm doing just fine". He informed that my pregnancy test came back positive. I was in disbelief. He then asked was I aware of this and have I been having any symptoms. I told him no i wasn't aware of this, how could this be this was a mistake. He stated, the nurse ran the test twice, and both time it came back positive. He informed me he was going to send me down the hall for an ultrasound to determine my due date and how far along I am. When I left the doctor's office, I had found out I was 3 months pregnant, and my baby was due on January 18, 1999. They could not determine the sex of my baby because it was still early. I had to come back in 2 months if I wanted to find out , If I was having a boy or a girl. As a soon to be mother, I had to figure out a plan. I had to find a daycare, weigh my options about school, and find another job that would be able to support myself as well as my baby. I made sure to attended all of my doctor's appointments. Took my prenatal vitamins and watched what I ate. As the months rolled around my belly had gotten bigger. My appetite had increased and I put on almost 45lbs. The doctor was very pleased with the growth of my baby. I couldn't believe that in a few weeks I would be someones mother. I would be responsible for something so fragile and precious. Needless to say my due date came and went. I was nervous and frightened at the same time. I thought that women could only be pregnant for 9 months. I was currently 2 weeks over due. My doctor informed me that this is sometimes common in first time mother's. He wanted to perform an emergency C- Section for the following morning. I didn't get any sleep I tossed and turned the whole night. I arrived at the hospital at 5: 00 a. m. as instructed by my doctor. Once I was admitted, I was giving a room and taken up to labor and delivery. Two nurses came into my room, one nurse asked me questions while the other started my IV and applied a holter monitor to my belly. This procedure is used to monitor the heart rate and stress levels of the fetus while its still in the womb. Once the monitor was in applied, the nurse stared me on a patossian drip. This medication is used to induce labor in pregnant women, sometime causing labor pains to be much more severe than normal. After about 5 hours, my contractions began. I was not emotionally or mentally prepared for what I was about to endure. The pain was so excruciating, and gut wrenching that I literally pulled out patches of my hair. I wouldn't wish this pain on my worse enemy. As I lay in this bed , I wonder how women subject themselves to all this misery and pain. I remember horror stories that were told to me by my aunt's and cousins about their experiences of being in labor. I thought they were just making things up to scare me, but now I know that everything they told me was real. I wish I would have listened to them because if so I would not be in so much agony. As I allowed my mind to drift away to escape my own personal hell, the nurse came into my room snapping me back to reality. As the nurse walked over to my bed, she informed that she had just paged my doctor because there were abnormal reading on the holtor monitor. I was so nervous and scared I didn't know what to think. She told me that my baby was in distress. I replied " distress" what does that mean? She explained that when I turn to my right side the baby is fine, but when I turn to my left side the baby heart rate drop at that very moment tears began streaming down my face . The nurse told me that I must lay flat on my back until I deliver to cause less stress on the fetus. Despite all the pain I was experiencing, I did what I was told and believe me it was hard. My only concern was to make sure my baby was alright. By the time my doctor arrived to my room, I had been in labor for 11 hours. He told me that the nurse informed him that I only dilated 1 1/2 centimeters and my water had not broke. He told me that he was going to break my water himself, by inserting a small metal hook into my cervix to break my amniotic sac. The nurse returned to my room assisted me in scooting to the edge of the bed and she began to put both of my feet in stirrups. She began to lay out gloves, and the instrument the doctor would be using in this procedure. After she was done the doctor came back in, he told me I would feel a little pressure, before knew it I felt a gush of water and it was all over. The doctor said that hopefully I will have my baby in a few hours if all goes well. An hour later, the nurse returned to my room to check on me. My labor pains was much more severe than before, I cried and begged the nurse to give me some medication to take away the pain but unfortunately there was nothing she could do. I had to fight through the pain until I dilated 5 centimeters so I can get an epidural and at time I was only at 4 centimeters. I was in labor for 16 hours, before my doctor can in and told me that my baby's heart rate was rapidly declining so he was going to perform an emergency cesarean section. This is a surgical procedure in which an incision is made through a women abdomen and uterus to deliver a fetus. The next think my delivery room started to transform right before my very eyes. Lights started to come down from the ceiling, surgical equipment was being brought into the room. I was petrified at all the things I was seeing take place. The anesthesiologist on staff at the hospital came into my room to give me an epidural. An epidural is a method used to relieve labor pains. I couldn't believe the power of this drug. I had no pain at all, I wanted to kiss my doctor for rescuing me from all the torture and pain I was experiencing. Once my baby was delivered, I was waiting to hear the sound that every mother dreams of hearing and it never came. All I heard was code blue, labor and delivery come across the hospital intercom. All the doctors and nurses were running around my room franticly. At that very moment I glanced down and seen a tiny purple lifeless body. At that very moment I scream so loud that it echoed throughout the hospital. I broke down and sob uncontrollably. Why is this happening to me? I asked whats going on? Whats wrong with my baby? Is he going to be ok? All my questions went unanswered. Finally, I over heard two nurses talking, thats when I found out that the umbilical cord was wrapped around my babies neck. One nurse started CPR while the other administered oxygen. I couldn't believe this was happening to me after I had endured only to have my baby taken away from me in a split second. At that very moment I started praying. God please save my baby, I know you are the only one that can help me at this moment. I don't think I can go on if my baby don't make it. Please God help me. After about 20 minutes, I heard the greatest sound in the world, my baby's first cry. All I could utter was thank you God, thank you. The nurse walked over to me and said " congratulations, it a boy"! Then she handed me my 7 1/2 pound bundle of joy.