



Perinatal Care Practices: Observations from Labor & Delivery and Neonatal Intensive Care



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Labor & Delivery - Dr. Zehnder, Obstetric Hospitalist

Scope of Practice

- Focused on comprehensive maternal care during labor, delivery, and the postpartum period, emphasizing patient safety and complication management.

My Role!

- Observed vaginal deliveries and Cesarean sections
- Placenta delivery, inspection, and evaluation
- Observed perineal repair (suturing)
- Assisted monitoring for and managing postpartum hemorrhage

Clinical Procedures & Skills I Observed

- Post-Cesarean interventions: reversible tubal ligation, Bakri balloon placement
- Obstetric ultrasound: identification of fetal position, multiple gestations, and placental location
- Assisted vaginal delivery techniques: forceps and vacuum extraction
- Newborn procedures: circumcision

Notable Clinical Experience

- Observed a 14-week fetus with clearly developed anatomical structures, including kneecaps, ribs, and intestines



Placenta from a Cesarean section for a baby born August 21st, 2025, approx. five minutes postpartum. Visible sack and umbilical cord. Rough side and smooth side.

My Impact and Future Work

I look forward to continuing my observership at Virtua Voorhees Hospital. I am grateful for what I have been able to learn about medicine, people management, and humanity. I will continue to shadow in both Labor & Delivery and in the NICU, and potentially see some other units in the hospital as well.

Hospital Website: <https://www.virtua.org/locations/voorhees-hospital>

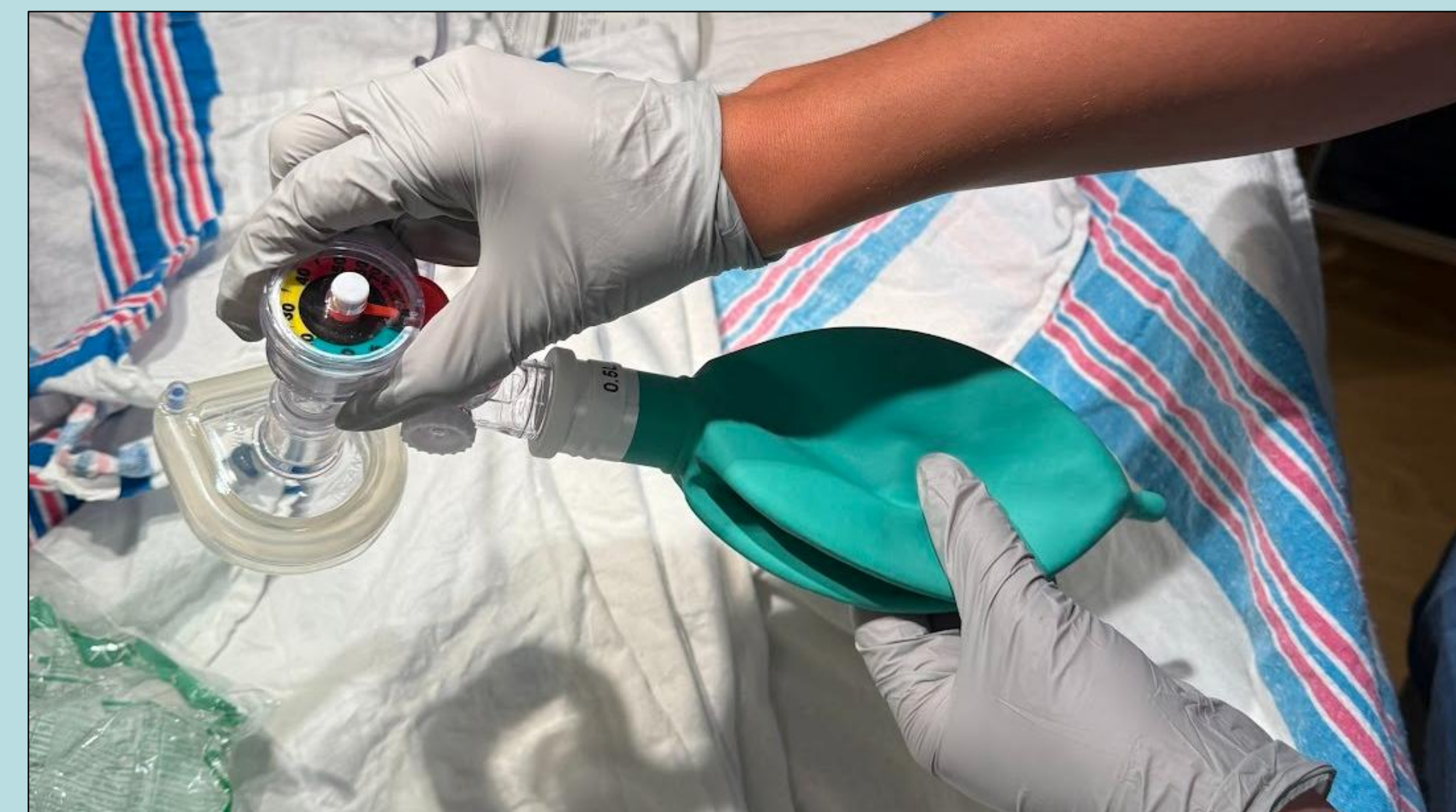
Virtua Voorhees Hospital



100 Bowman Dr, Voorhees, NJ 08043

“Our mission is to help you be well, get well, and stay well. This starts with providing the highest quality care as your partner in good health.”

NICU
Mapleson bag- flow
inflating bag,
as opposed to
a self-inflating
Used to give
CPAP to a
baby who is
not breathing
or has labored
breathing.



Neonatal Intensive Care Unit – Dr. Goldsmith, Neonatology

Scope of Practice

- Focused on the care of newborns with an emphasis on family communication, high-risk delivery support, and ongoing neonatal management.

My Role!

- Shadowed newborn evaluations and routine assessments
- Observed from a NICU doctor’s perspective in high-risk deliveries (Cesarean section, meconium-stained fluid, maternal diabetes)

Clinical Procedures & Skills I Observed

- Umbilical venous (UV) line removal
- Continuous Positive Airway Pressure (CPAP) support
- Endotracheal intubation
- Surfactant therapy for the treatment of respiratory distress syndrome

Notable Clinical Experience

- Examination of a Cesarean-delivered newborn with Down syndrome
- Neonatal code with intubation, chest compressions, emergency umbilical line placement, and medication administration

Emmalynn in scrubs in the operating room where C-Sections are performed. Visible table and various equipment.



Acknowledgements

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