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OB Simulation Reflection

During OB simulation I had the opportunity to learn new things, work hands on with a mom and baby, all while having some fun with my classmates. Going into simulation I always feel anxious about it because I have no idea what is going to come for me. This time around I was still anxious, but I felt more confident in the interventions that I was doing. In my scenario I was able to (almost) provide antibiotics, which was a priority, for my mom, do assessments, recognize tachysystole, and advocated/ reassured my patient. I was able to take the things that were taught in lecture and apply them in sim. I was able to look at cues such as decelerations on the fetal heart monitor and did interventions to fix that, like the "four turns." I was able to do Leopold's to determine if a baby was still breech. High risk patient or not, I have learned to monitor vital signs because an instant change in them can be detrimental, vital signs are vital. The best part of sim is learning from our mistakes. Because we make mistakes, those mistakes will forever live in, our heads and we won't ever let them happen again. For example, forgetting to unclamp the med which ended up in the patient not getting the antibiotic. Forgetting to verify baby's wrist band and the person in the room, ended up in a kidnapping. Those mistakes will never be forgotten. In all, I was able to learn and do so much in simulation. This is an environment that is created for us to safely make mistakes, so we are able to learn from them, while also having fun.