

## POST-CLINICAL REFLECTION OB Simulation Reflection - due on Thursday by 1600

To strengthen your clinical judgment skills, reflect on your knowledge and the decisions made caring for this patient by answering the reflection questions below.

Reflection Question	Nurse Reflection
What feelings did you experience in clinical? Why?	I felt calm in the beginning because I felt prepared on what I was going to do when I walked into the room. Although, I was thrown off when the family member started asking questions about how much everything was going to cost. You think it will go one way & then it turns the other way. So, you are just having to adjust to what it thrown at you. I started to get more anxious when I didn't know if I should call the physician or give the medication. All in all, a lot of emotions were running in my head but I hope I appeared calm.
What did you already know and do well as you provided patient care?	I knew that I needed to assess the mother's fetal heart heart & contractions, so that is why I decided to place the tocodynamotor and ultrasound on the abdomen. What I failed to do was to continuously check the monitor for those FHR and contractions because the fetus was crashing while the family member & mother was asking me questions. I also knew to check the cervix to see how far along she was. What I did well in was answering the patients questions and reassuring that we can take care of her if need be.
What areas do you need to develop/improve?	Multitasking is a skill that I can improve on. I am sure this will come with time, but I am sure I could have noticed the monitor if I would have glanced over a minute. I also need to slow down and be more confident with myself. I have the knowledge and information, I just need to be bold and put it out there.
What did you learn today?	It is okay to make mistakes in the sim lab, that is why it is made for. Live and learn. I have also learned to prioritize or cluster my care if need be. In this scenario, I could have clustered my answers for the family member so I can focus my attention more to my patient and fetus. The family member needs to also understand that we have a job to protect the baby, yes, what they are saying is vital but if we need to give a pain medication -- give the pain med.
How will you apply what was learned to improve patient care?	How will I apply this to my patient care -- definitely advocating for my patient is the top priority always! In the scenario, the patient could have been making wrong decisions but that is why we need to think competently about what we do before we do. Ask questions, seek information, and document what is going on. What I did today will not be a repeat, if I put the tocodynamotor and ultrasound on -- make sure to check the monitor after!! Be more confident in what you know!