

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?	Nervousness due to the environment and being evaluated on performance. Stress with trying to out the situation and attempting to remain calm when the patient's family member was distressed
What did you already know and do well as you provided patient care?	I feel like I was able to remain calm and stick to my interventions and plan of care when I was in the room. I also feel like the SBAR went well and my plan of care and delegation of tasks to my other nurse went well in terms of communication and teamwork.
What areas do you need to develop/improve?	I need to be more knowledge in hospital policies and procedures and have more experience in dealing with families dealing with stress in the hospital environment.
What did you learn today?	I learned how the care for the newborn infant in my scenario differs from the care with the mother in terms of having to rely a lot more on outside information and family support. It was very interesting to see both sides, and I feel like I gained a better understanding of how the mom's care and condition can impact the baby, and how much stress is put on the family to help manage care.

How will you apply what was learned to improve patient care?

I will keep in mind for future care, that no matter what we as nurses do, there are some things that are out of our control. It's important to keep calm, collective, and to provide the best care for our patients, because it can make a significant difference in how the patient and their family feels, even when things seem discouraging. I need to be a good advocate for my patient and be able to handle situations to the best of my ability, and utilize all of my resources effectively.
