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 a lot of anxiety as i do with all SIM experiences. I think it's because I never know what to expect as far as what my pt scenario might be. I like to show my skills and what I have learned up to that point, but I think i feel like instructors maybe judgmental. (I have only had one bad experience.)
What did you already know and do well as you provided patient care?	I knew that my pt was going to need a c-section for sure since the baby was already in a breeched position, I just wasn't expecting that the worst possible outcome would come up in my scenario. I feel like I provided reassurance to both mom and dad that we were going to do the best we could for mom and baby.
What areas do you need to develop/improve?	I know I definitely need to trust my gut and act on those gut feelings and allow myself to be confident especially when I'm under pressure when I know that's when my calming demeanor is a comfort for the more stressed patient I might have.
What did you learn today?	I learned that I still need to continue to work on giving myself grace and accept that I am very good at what I do. I need to realize that I am my own worst critic but it is okay to congratulate myself.
How will you apply what was learned to improve patient care?	Trust myself because it will literally save my patients life every time.