

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 so much anxiety, as I do with all SIM experiences. I think it is because I never know what to expect regarding my patient scenario. I like to show my skills and what I have learned up to that point, but I think I feel like instructors may be a little judgmental. (I have only had one bad experience way back in module 1.)
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 was not expecting that the worst possible outcome would come up in my scenario. I feel like I reassured both mom and dad that we would do the best we could for both mom and baby.
What areas do you need to develop/improve?	I know I need to trust my gut, act on those gut feelings, and allow myself to be confident, especially when I am under pressure. I know that is when my calming demeanor comforts 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 accepting that I am very good at what I do. I need to realize that I am my worst critic, but it is okay to congratulate myself.
How will you apply what was learned to improve patient care?	I will trust myself because it will save my patient's life every time.