

Post Clinical Reflection
(Shelby Alexander)

What feelings did you experienced in clinical and why?

-My feelings are always the same about clinical. I always get super nervous just because it's something new I got to do; don't really know what to expect. I always feel this way because there is only so much planning and preparation I can do on paper when I actually haven't seen the patient in real life. This sim went better than last sim though; I acted like I was confident, so it went better this go around.

What did you already know and do well as you provided patient care?

-I felt like as a team we already knew the s/s of hyperglycemia, hypoglycemia, and hypertension. We also knew how to read the FHR and TOCO monitors so we could tell when the baby wasn't doing well. I felt like we did the pain assessment adequately, provided the insulin correctly, and did IUR as needed. I felt like I did all the technical skills correctly and everyone lived in the end!

What areas do you need to develop/improve?

-I need to be more communicative with my partner and more assertive with the doctor. What the doctor told me to do I wasn't willing to do so I just hung up and didn't do it. Probably should've handled that better and questioned the order.

What did you learn today?

-I learned to not run around like a chicken with my head cut off, look at the cues your patient is giving you, and go on from there. I also learned that it's okay for priorities to change once you get in the room. I also learned that teamwork is a big thing and trusting the other person to do their job correctly.

(P.S.- when I was in the army ROTC, they always taught us that plans never make it past the first point of contact. Every scenario I've been in and commanded has changed once we hit the objective. The same applies for nursing)

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

-I will hopefully remember to keep my head and help my patient. I will also prioritize things that are needed; not just what I have planned. I will also continue to work on communication and my technical skills so I am proficient in areas of nursing.