

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 was nervous because I had to take care of a patient while being watched by my instructor and peers. I always feel like I don't do a good job in these scenarios, and that I will be judged negatively for my performance. I felt some relief and reassurance in debrief that I didn't do as bad as I thought I did.
What did you already know and do well as you provided patient care?	I knew how to use therapeutic communication with my patients, and I think that was the best thing I did overall.
What areas do you need to develop/improve?	I need to improve in being more confident in myself and decision-making abilities. I would immediately think of how to respond and act, but I would contraindicate myself because I was scared about being wrong.
What did you learn today?	I learned how to better handle an OB patient, and also how to interact and manage family.

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

I will hopefully be more confident in myself to be able to make quick decisions based on my patient's status. I will also be better prepared to be able to manage patient's family.
