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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?	During this clinical, I did have feelings of stress, but in a good way. I thought I had everything planned out when I went into the room, but when things started going sideways, I panicked and found myself having to go with my gut feeling which was perfect. I enjoyed being thrown for a loop and not knowing what to expect next because I feel like that's more realistic to the actual hospital setting. Things aren't going to be mapped out for you, like they were in the SIM lab, in the hospital, so I felt like it really gave me experience I can actually take to the hospital.
What did you already know and do well as you provided patient care?	I felt like I already knew how to prioritize patient care based off what the patient is communicating to me and based off the vital signs and other changes I saw while caring for the patient. Like when the patient said she felt a "ripping pain in her stomach", I knew we had to get the baby out right away and turn our focus to mom as my other team took care of the baby. That and picking up on patient cues; I felt I did that really well also.
What areas do you need to develop/improve?	I feel I could use some improvement in providing my peers with better delegation during the scenario. I did the right thing y calling everyone in to help me with my patient and the baby, but when they came into the room, I didn't immediately tell them where I needed their help and instead, let them find their own place where they saw help was needed.
What did you learn today?	I learned today, through SIM lab, how to just roll with the punches that the patient and scenario provide you. Not all things are going to go smoothly in the actual hospital setting, so seeing that in a practice setting was a really good thing. Also, having a patient come in that doesn't have a whole lot of history, or hardly any, was really helpful because I know situations arise like that in the hospital and it makes you use all the skills you've learned so far so provide adequate and safe care for that patient.
How will you apply what was learned to improve patient care?	I will apply what I learned in SIM lab probably every single day in the actual hospital. Using my critical thinking skills and applying quick thinking using my best nursing judgement will come in handy, not matter what patient or what scenario I am presented with.
Please reflect on how your OB simulation learning experience assisted in meeting 2-3 of the Student Learning Outcomes .	<ol style="list-style-type: none">1. I was able to utilize information and and technology to communicate information and to support decision making and organization of safe client care.2. I was able to formulate safe and effective clinical judgements guided by the nursing process, clinical reasoning, and evidence-based practice.3. I was able to use data to monitor and improve the quality and safety of patient care.