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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?	Going into the room as the primary nurse I was nervous, I was the second scenario. I get anxious prior to SIM I think I don't want to "look dumb". Since I tend to enter and change plans maybe forget the 4Ps or something that should be engraved in our brains, but I didn't do bad at all. I had 4 deltas and before I even went in, I was expecting many more.
What did you already know and do well as you provided patient care?	I had a care plan in plan for my patient and I followed my priority assessments which ended up helping me identify my patients abrupted placenta. I already knew going in this scenario was going to be a bit tough having little to no information on the baby's status, but I remained calm.
What areas do you need to develop/improve?	In this specific scenario I could've had better communication with the dad to ease his worry of costs. Therapeutic communication wasn't my strong suit in the scenario, I was on go since my patient was delivering fast.
What did you learn today?	I learned so much! Not only from my own scenario but from others as well. Often times we forget how import teamwork and collaboration is since we have always done CPE and scenarios alone prior to this module. Things I'll remember to do is, include family, trace your lines, and don't forget to rub the fundus!
How will you apply what was learned to improve patient care?	I will apply the communication skills, SBAR building, and prioritization in patient care by ensuring I have all the resources I need and not forget I am never really alone in nursing. I can call in reinforcement to help me with a patient if I get stuck somewhere and that is still being a good nurse.
Please <b>reflect</b> on how your OB simulation learning experience assisted in meeting 2-3 of the <b>Student Learning Outcomes</b> .	<ol style="list-style-type: none"><li>1. I used clinical judgment when I entered the patient's room and started assessing this helped me curate a care plan to follow even when I was thrown curve balls.</li><li>2. This scenario helped me formulate plans before arriving to ensure my patient was safe and the quality of care was effective.</li><li>3. The simulations this week meet the learning of communication and collaboration, we were all hands-on deck, and everyone had the same goal to help this patient and baby. We simulated collaborative care during labors and the importance of everyone's role.</li></ol>