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### POST-CLINICAL REFLECTION OB Simulation Reflection - due on Thursday by 2359

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?	Excitement & nervous, & doubt. I always feel excited for sim because I have learned that it's a fun learning experience. I was doubtful in my in my knowledge about mom and baby since it had been awhile from learning that material.
What did you already know and do well as you provided patient care?	I knew to communicate with my pt. everything going on, as well as advocating for her. I felt I did good at reassuring her, and prioritizing my assessments.
What areas do you need to develop/improve?	Time management, I feel this is always my struggle in sim. Even having a "charge nurse" to help I was unable to give my pt her med in time.
What did you learn today?	That no matter how well you plan what you're going to do, anything can happen. My pts labor progressed a whole lot quicker than expected.
How will you apply what was learned to improve patient care?	To always remain calm, & reassure your pt even when things go wrong. To always prioritize your pt over the needs of anyone else in the room!
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 feel I demonstrated pt. education, and family education regarding pain meds. I utilized dad's help as much as possible in caring for mom/baby.</li><li>2. I gave an SBAR report to a "NICU" team, which allowed me to gain experience giving report.</li><li>3. I had to quickly change my plan of care and interventions when mom started contracting and giving birth. I had to reassess and prepare for baby &amp; her exposure to Group B Strep.</li></ol>