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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?	I had many feelings during my simulation experience. At times I felt worried about making a mistake, stressed about making sure that I was making corrective actions in a timely manner, and a bit flustered and angry when everybody started getting flustered and all kept talking at the same time.
What did you already know and do well as you provided patient care?	I knew therapeutic communication and tried to apply it throughout my scenario. I knew how to perform intrauterine resuscitation (IUR) and I felt that me and my nurses were able to perform IUR effectively and timely.
What areas do you need to develop/improve?	I need to improve in making decisions quicker. We had a medication that we needed but it wasn't in the pyxis, however my patient was declining so I should have intervened first and could've gone back and checked on that later. I probably would not have needed that medication because the problem was being caused from contractions and pregnancy in general.
What did you learn today?	I learned that I can handle hard things and I know more than I think I do. I was nervous going in and I was stressing about what to do but when I got in the room, I felt that for my first time being in that situation I handled it very well with the help of my nurses.
How will you apply what was learned to improve patient care?	I think that my specific scenario helped me be able to understand family better and that there will be times when the patients' families will try to take over and sometimes be in the way without understanding but I think I was able to do a good job getting what I need to get done, done.
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 think my nurses and I did a good job prioritizing and follow our interventions and assessments before we went into the room and did very well sticking to them leading to an improved patient outcome.</li><li>2. I used the SBAR to communicate effectively with my MD and was able to get the care needed for my patient in a timely manner to avoid further complications.</li></ol>