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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
<p>What feelings did you experience in clinical?</p> <p>Why?</p>	<p>I was a little nervous at first but overall had a great experience!</p> <p>I think I was nervous because I didn't know entirely what to expect as far as pt changes throughout the scenario. I had a great experience because I learned how to navigate tricky situations such as noncompliant pts and how to communicate the seriousness of the situation to them.</p>
<p>What did you already know and do well as you provided patient care?</p>	<p>I knew how to place the tocas and how to monitor the FHR. I felt comfortable with recognizing when the baby was in distress. I also felt good about my education and communication to the patient. I also felt really great about maintaining patient safety.</p>
<p>What areas do you need to develop/improve?</p>	<p>I felt that I needed to improve my knowledge on the fetal stress test. I also felt that I needed faster response time to the patient. I felt like I was struggling to find the right words for what I was wanting to say in response.</p>
<p>What did you learn today?</p>	<p>I learned how to navigate tricky situations with noncompliant pts and family members. I also learned that it is important to be overprepared for any situation because no matter how planned everything is, surprises may still occur.</p>
<p>How will you apply what was learned to improve patient care?</p>	<p>I will be working on relaying what I'm wanting to say in a faster time frame. I will also continue to do the things that I did well throughout my simulation experience.</p>
<p>Please reflect on how your OB simulation learning experience assisted in meeting 2-3 of the Student Learning Outcomes.</p> <p>(I was not entirely sure which of these I had already discussed during my L&D clinical experience so I went ahead and wrote them all out to be safe.)</p>	<ol style="list-style-type: none"> 1. Patient Centered Care: I was able to address and educate the patient and family members about their concerns and keep the family member calm and involved throughout the birth experience. 2. Clinical Judgement: I had good clinical judgement when I called the Dr. to come evaluate the mom due to the lack of fetal movement. 3. Safety & Quality: I maintained patient safety when I raised the bed rails on the HOB and gave her a call light 4. Professionalism: I maintained professionalism even after the patient and family member were irritated with her not being able to eat her Takis or drink her red bull. I just reeducated them on reasoning and remained calm. 5. Communication & Collaboration: I feel that I communicated well with the patient and delegated tasks to my charge nurse when I needed another set of hands. Lots of education and reasonings were given throughout this experience.

