

**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 experienced calmness since I was partnering with another person and we both were helping each other out.</p>
<p>What did you already know and do well as you provided patient care?</p>	<p>I knew my assessments like the fetal heart rate monitor where to put, and reading it. Checking vitals, doing a Sbar to the doctor. Performing IUR when needed and educating the patient on her diet.</p>
<p>What areas do you need to develop/improve?</p>	<p>I need to improve on my therapeutic communication and also need to improve on my confidence in being a nurse. Definitely communicating with patient and family.</p>
<p>What did you learn today?</p>	<p>I learnt that, priorities might change when you walk in a patient's room, and you should be ready for anything, especially if a patient is in early labor things can go quickly really fast. Also if the doctor tells you something that you know is wrong, let them know and chart if they refuse.</p>
<p>How will you apply what was learned to improve patient care?</p>	<p>I will ensure constant communication with my patient about her treatment, also perform my nursing assessment's to ensure patient is well and her health is better.</p>
<p>Please <b>reflect</b> on how your OB simulation learning experience assisted in meeting 2-3 of the <b>Student Learning Outcomes.</b></p>	<ol style="list-style-type: none"> <li>1. Safety and quality-we were able to ID patients before anything and also ask the 4 p's when leaving the room. Ensured guard rails are up.Scanned medications and ID.</li> <li>2.Clinical judgement-we were able to notice patient contractions are getting more intense, and patient was fully dilated, and decided one nurse, was to stay with the patient while the other call the doctor to come and deliver baby. Used IUR when baby heart rate went up.</li> <li>3. Communication and collaboration- By working with another person, we were able to delegate tasks and help each other, when one did not know what to do. Like one takes the vitals, one gets the meds and the other calms the patient.</li> </ol>

