

NAME: _____ heidi castro _____ DATE: _____ 02/19/25 _____

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>WHEN I FIRST WALKED INTO THE SIM ROOM, I WAS FEELING OVERWHELMED AND NERVOUS AS TO WHAT WAS GOING TO HAPPEN. WHEN MY PATIENT STARTED FEELING DIZZY AND HAD VISUAL DISTURBANCES, IT GAVE ME A CLUE AS TO WHAT I WAS LOOKING FOR. BUT THROUGHOUT THE EXPERIENCE, I BECAME FLUSTERED WITH ALL OF THE CHAOS IN THE BACKGROUND FOR EXAMPLE THE SISTER becoming a possible, safety risk towards the patient, the music, the mom, etc.</p>
<p>What did you already know and do well as you provided patient care?</p>	<p>I knew when I was walking into the room that I had to give an antibiotic, but I had to consider her background as far as her allergies to penicillin and her history of asthma. Therefore, I knew that I needed to give Clindamycin. I also knew that the patient was had a spontaneous rupture of membranes. Therefore, I had to go in and do a cervical exam to see how far she was dilated and effaced.</p>
<p>What areas do you need to develop/improve?</p>	<p>From what I learned in simulation, I learned that I must clear my head before walking into the patient's room with organization and being able to deescalate situations like mine.</p>
<p>What did you learn today?</p>	<p>I learned that it is easy to give in to the chaos of a room. However, I learned that I don't have to become flustered in an event like that I can de-escalate situations as far as turning the lights on and turning off background music and asking sister to step out.</p>
<p>How will you apply what was learned to improve patient care?</p>	<p>I will apply this knowledge to improve patient care by in the future going through step-by-step, med administration, educating the patient and finding a way to privately speak with the patient about safety from the family member.</p>
<p>Please reflect on how your OB simulation learning experience assisted in meeting 2-3 of the Student Learning Outcomes.</p>	<ol style="list-style-type: none"> 1. I used patient centered care when the patient was describing how her pain was a 14 out of 10 and the sister kept insisting that no pain with meds were needed. However, I would look at the patient and tell them that at any given time if they needed pain medications that it would be okay, and we could give that to her. I wanted to advocate for the patient because she is the one that is having the contractions not the family member. 2. I kept a professional attitude towards the family member who was possibly abusing the patient. I did ask however, if the sister was okay to stay in the room or needed to leave,

she stated that she was OK to be in the room. I would again then recommend another questioning regarding this if the sister was possibly abusing her, however, she stated that she was OK to be in the room. Also by assessing the needs of the mother and the baby, I was able to relay knowledge to the husband as far as diet and not allowing the mom to have the hot chips and the energy drink by politely educating both mom and dad.

3. I used clinical judgment by assessing the mom, when the fetal heart rate monitoring showed prolong decelerations, therefore I knew what to do as far as interventions. IUR interventions were implemented. Therefore, mom improved in her condition.