NAME: Morgan Brooks DATE:4/23/25

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
What feelings did you experience in clinical? Why?	In clinical sim I always feel anxious. It is not from a lack of knowledge but rather anxiety related to past simulation expiriences. In the past we have had instructors purposefully throw some really weird, odd, and very uncommon curveballs at us, and it has made sim really scary for me. I need to understand that it was one teacher who did that, not everyone. I need to work on my nerves at sim and just breath.
What did you already know and do well as you provided patient care?	I knew about NST's pretty well, and when it came to education, besides some slip ups, I taught it well. I was able to talk to the patient and the family memeber about the time frame of the test, and what the test was monitoring because they thought it was something else.
What areas do you need to develop/improve?	I need to improve with my confidence. Most of the time I go into sim with a solid plan and I know what I need to get done, but then I go in and feel as if my plan was dumb and I am doing everything wrong. I need to believe in myself. Another thing I could improve on is communication during real odd moments when I do not know what to say. Today I froze for a second and then just ignored an uncomfortable comment (about suing the hospital) and just bypassed to complete the scenario.
What did you learn today?	I learned how to feel for a baby using leopolds and placement of tocos. I know it was something we learned in class before, but today I was able to utilize my knowledge and actually feel and do it by myself, and that is how I learn best. I have a better understanding of what it may feel like and what to feel for.
How will you apply what was learned to improve patient care?	I will apply what was learned to improve patient care by utilizing honesty and not giving false hope when it comes to patient interactions. If I do not know an aswer, rather than just saying something I will let them know I do not know the answer but I will figure it out for them. In today's scenario I felt I did a really good job when it came to the fear of stillbirth and said "while I cannot promise anything I can assure you that we are working hard for you and baby" I that is something I will carry on with me throughout clincials.
Please **reflect** on how your OB simulation learning experience assisted in meeting 2-3 of the **Student Learning Outcomes.**	1. **Communication and collaboration** - I provided patient education regarding staying away from caffeine and high sodium, highly processed, and spicy foods during the end of pregnancy. I also communicated well with the physician and had a thorough SBAR and readback.

	2. **Safety and quality -** I noticed when we went into Cynthia Williams inpatient room that the IV fluids were running at 75ml/ hr when the order was for the fluids to run at 125 ml/hrs