

NAME: _____ Lexi Garza _____ DATE: _____ 5/8/25 _____

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 we first arrived, I was nervous and felt like I had no idea what to do in OB. However, during the clinical I found that it went very smoothly. I knew what steps to take and got to watch several of my peers demonstrate different ways to help treat our SIM patients. After, I felt more confident in my abilities and I gained new techniques and therapeutic responses.</p>
<p>What did you already know and do well as you provided patient care?</p>	<p>I knew going in that my patient was getting an external version, so my priorities were to get maternal V/S and monitor FHR. I felt like I performed these priority assessments in a timely manner. I also feel like I was able to demonstrate professionalism and answer questions effectively.</p>
<p>What areas do you need to develop/improve?</p>	<p>I think I can improve on the patient education side of things. There were several questions that I wasn't sure of; answering these could've helped relieve some of my patient stress. Also with patient education on Terbutaline, I wasn't sure of side effects.</p>
<p>What did you learn today?</p>	<p>Throughout both days in SIM, I gained a lot of knowledge on the steps to intrauterine resuscitation; I feel very confident in that aspect of OB now. I also feel like I learned more about family at bedside being a key factor in caring for OB patients and that it's very important to include them in your plan of care.</p>
<p>How will you apply what was learned to improve patient care?</p>	<p>This experience overall helped me feel more confident in my skills. I will continue to demonstrate patient and family centered care every time I step into a patient's room. I will also be aware on how to efficiently and effectively treat the different complications that come before, during, and after labor.</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 was able to demonstrate professionalism with my patient and her friend at bedside. Throughout the entire SIM, both continuously talked about taking a trip to Hawaii without baby, 2 weeks after her due date. It would've been easy to judge them but instead me and Magy provided education and even eased her concerns about a C/S scar. 2. I was able to demonstrate safety and quality by staying by my patient's side during the entire external version procedure. I watched and made sure everything went as planned. As well as going over the consent form she signed and answered any questions she still had before continuing with the procedure. After answering her questions, I called her PCP, and I called a timeout before beginning to ensure my patients' safety.

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| | <ol style="list-style-type: none">3. Lastly, I was able to demonstrate communication and collaboration. I had to collaborate with my CN and PCP to ensure my patients procedure went as smoothly as possible. With effective communication we were able to go over consent/answer questions, hold a timeout, perform the procedure, and ultimately have a successful outpatient visit. |
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