

**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?	I felt nervous at first because I wasn't so sure if I was going to do the right interventions for my scenario. Once I went in there with my classmates I felt more confident on what I was doing. I had a fun time and it was a great learning experience from all the different scenarios.
What did you already know and do well as you provided patient care?	What I knew was with decreased fetal movement my priority was to put the EFM on the patient to find out what's going on with the baby and if there was a FHR. I also provided intervention like ice chips and popsicles to help increase fetal movement, repositioning patient, and using kick count monitoring while using the larynx.
What areas do you need to develop/improve?	An area I feel like I need to improve is being confident in what I am doing and figuring out their birth plan/needs.
What did you learn today?	I practice doing a lot of Leopold's maneuver, how to put on the electrical fetal monitor, give educations to the families and working as a team.
How will you apply what was learned to improve patient care?	I will be able to read EFM, define false and true contractions, do VE and do patient education when I'm out in clinicals. This has also prepared me on what to do in case I encounter a situation like our scenarios.
Please <b>reflect</b> on how your OB simulation learning experience assisted in meeting 2-3 of the <b>Student Learning Outcomes</b> .	<ol style="list-style-type: none"> <li>1. Safety &amp; Quality: While I was watching the scenario as the debriefer, the Nurse was able to provide safety to her patient by escorting her husband out because he was being controlling and rude. After they left they asked the patient the three questions to make sure she was safe at home and not in a violent relationship.</li> <li>2. Patient Centered Care: While I was playing the role as the CN, the nurse provided patient centered care by listening to the patients and her needs. She made sure the patient was comfortable by offering to dim the lights, play some music and even help the patient hold a picture of her cat since we weren't able to bring the cat into her room for safety reasons. She always made sure the patient was doing okay in her hospital stay and mentally.</li> <li>3.</li> </ol>

