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DATE: 9/3/25

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?	at times I felt anxiety due to questioning if I was making the right decision and if I was responding with the correct information.
What did you already know and do well as you provided patient care?	I knew that a pt experiencing braxton hicks can be dilated and not in labor, education on staying hydrated and doing frequent walks decreases BH
What areas do you need to develop/improve?	Making sure to monitor timing in each contraction and in between
What did you learn today?	pt can still receive pain medication, at 7cm dilation, could possibly be too late, but pt can still request it.
How will you apply what was learned to improve patient care?	Relying on help from charge nurse can improve the care of mom and baby after delivery.
Please reflect on how your OB simulation learning experience assisted in meeting 2-3 of the Student Learning Outcomes.	<ol style="list-style-type: none">1. Learning how to manage with IPV and calling security for help to protect a pt who was being controlled and verbally abused.2. professionally speaking to family in regards to proper diet & nutrition with their loved ones (pt)3. Helping a pt and family with case management in providing baby items to go home with until pt is able to supply items