

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 simulation this week I felt like it was a relaxed, great learning experience. This was one of the first simulations I didn't feel as many nerves to complete. I think the information we needed to prep for Sim was laid out really well in class and gave a great foundation for it. I came into school wanting to be a mom/baby nurse or a L&D nurse, so I overall enjoyed this SIM week.
What did you already know and do well as you provided patient care?	I felt confident in my med admin with the antibiotic and all the assessments I needed to complete. I felt confident enough to be able to complete my task as well as give adequate teaching. I also felt good about my IUR and how my team handled that situation.
What areas do you need to develop/improve?	I wish I would have clued in on the prolapsed cord a little sooner. We found it and reacted well. If I could go back I should have immediately done my vaginal exam after completing the med admin.
What did you learn today?	I learned that anything can happen at any time. You really have to be on your toes and watch all monitors/signs and symptoms closely. It is also really important to be able to react well to any situation to help keep mom and any family present as calm as possible.
How will you apply what was learned to improve patient care?	I liked that we had SIM before clinical on the floor. I think it set us up good for things we may actually see and to know how we would react vs how they react in real situations. I will also be more prepared for the many questions the patient and family can throw at you and how to answer some of these questions in a more therapeutic way.
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"> <li data-bbox="609 1444 1511 1619">1. Clinical Judgement: Noticed the prolapsed cord and knew what needed to be done from there. I was able to stay in position to hold the cord off the presenting part and delegate my team to complete IUR and notify the physician, OR and the NICU team. <li data-bbox="609 1661 1511 1913">2. Communication and Collaboration: Lauren, Sarah and I were able to go into the patient's room today and stay organized, calm and complete our task. I feel like we had a plan and stuck to it. Once things got chaotic we all stayed calm and they responded perfectly to what I needed them to complete when I could not leave my position of holding the cord.

3. **Patient centered care:** During the IPV clinical sim we were able to complete patient centered care by noticing the possible IPV and removing the husband from the situation safely. We then were able to talk to mom one on one and reassure her that if she did indeed need something to help with pain, it did not make her any less of a woman than to try to complete labor without it. We were able to answer her questions and focus on what was best for mom and baby.