NAME: Rafaella Colmenero_____   DATE: ___9/11/25___

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?	During clinical I was nervous because I wasn't confident with everything that my scenario included such as some of the medications and whether or not to give them. I was also a little overwhelmed when multiple things were happening because it felt like I couldn't take care of everything I wanted to at the same time, but it was relieving to know that I had help.
What did you already know and do well as you provided patient care?	I feel that I did well in recognizing orders and creating a safe environment by considering allergies and health history of my patient. I also knew the importance of checking my lines and verifying everything was running at the correct rate. Lastly, I advocated for the safety of my patient in everything I did while maintaining an environment that was as calm as possible.
What areas do you need to develop/improve?	I think I need to improve and develop in areas such as being confident in my knowledge and applying that to my performance. There were times when I knew the right thing to do but I kept second-guessing myself. I also think I need to slow down and remember the foundation of nursing care because I tend to think too far ahead which causes me to pass over important steps such as identifying the patient.
What did you learn today?	In my scenario, I learned that since my mom was already 9.5cm dilated that I could have just not given the terbutaline for the tachysystole, but at the same time it was not necessarily wrong to give it. Every mom is different, and we didn't technically know how long it would take for her to dilate that last 0.5cm, so in a real-world scenario it would require knowing how long my mom has been taking to dilate to determine whether or not I would give the terbutaline.
How will you apply what was learned to improve patient care?	I learned that there will be a lot of times where you have to have tough/awkward conversations with those who are a part of your patient's care in order to thoroughly advocate for your patient. Keeping your patient safe and in the best mindset for something as high-risk as labor in delivery is important, and there needs to be a standard that I uphold as far as doing everything that I can to advocate for what is best for my patients that I care for.
Please **reflect** on how your OB simulation learning experience assisted in meeting 2-3 of the Student Learning Outcomes.	1. Communication & Collaboration: Delegating to my extra nurse and charge nurse when I felt that I needed help during my scenario. We also collaborated on how to go about speaking with the patient regarding intimate partner violence, and what I should say when responding to the physician in order to advocate for my patient. 2. Safety & Quality: I advocated for my patient's safety when the physician ordered for me to titrate the oxytocin to 6mL/hr when the low dose protocol called for only a 1-2mL increase when titrating. I explained that it was not safe for my patient, and it ultimately led to a new order of 5mL/hr to be given which was safe for my patient.