

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**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?<br/><br/>Why?</p>  | <p>I experienced anxiety due to my unpreparedness while in simulation. I like to feel prepared and confident while going into simulation and at first, I felt that way. However, I overlooked something that was very crucial to the situation I was walking into and for the first time in simulation felt frantic. Like a deer in headlights, you could say.</p>   |
| <p>What did you already know and do well as you provided patient care?</p>  | <p>I already knew how to communicate with the patient and what dietary education I would give not only to the patient but also to the family. I was prepared for an emergency and fully expected for my patient to go into an emergency state.</p>   |
| <p>What areas do you need to develop/improve?</p>   | <p>I believe what I need to improve on is looking over every detail in the patient's chart. I also could improve on communicating better with my teammates.</p>  |
| <p>What did you learn today?</p>  | <p>That although I may not be prepared for every situation it is okay to rely on others. It is also ok if I don't know something to ask for help and to not just pause and look confused in front of the patient.</p>  |
| <p>How will you apply what was learned to improve patient care?</p>   | <p>When we are at the hospital and a patient may ask me a question I will not always know the answer to it is okay. To not be mad at myself for not knowing but to ask those around me with more experience for assistance and guidance.</p>   |
| <p>Please <b>reflect</b> on how your OB simulation learning experience assisted in meeting 2-3 of the <b>Student Learning Outcomes.</b></p> | <ol style="list-style-type: none"> <li>1. Patient Centered Care: This can come in many forms such as my scenario was my patient wasn't feeling fetal kicks, and she came into the hospital with red bull and chips. The sister was encouraging the mother to eat and drink those which are terrible for the mother and baby. It was doing more harm than good. Although the sister believed she was helping the patient she wasn't giving the right education and support that the sister needed. It is up to us to give the right information and right education to the family to protect the patient.</li> <li>2. Clinical Judgment: In one scenario that I participated in the mother was in labor and the fetal heart monitor started to show signs of distress from baby and the mother's blood pressure started to go down. In that situation we as a group had to make a judgement call</li> </ol> |

to use IUR to help mom and baby. Once we were able to do that, we started to see the progression from mom and baby.

2. Communication and Collaboration: In multiple of the scenarios that I was in I believe that we as a team really shined in this aspect. We were able to understand what each other's strengths and weaknesses were and utilize each other during the scenario. When doing this we were able to act efficiently and productively.