

POST-CLINICAL REFLECTION

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?</p> <p>Why?</p>	<p>I was more relaxed and calm and ready to tackle the day to day tasks, because I knew what I was supposed to do.</p>
<p>What did you already know and do well as you provided patient care?</p>	<p>I knew the routine of how to provide care to the NICU babies. I knew my assessments and documentation, I knew the feeding times and what document about feeding. I just knew the daily routine of working in the NICU.</p>
<p>What areas do you need to develop/improve?</p>	<p>I need to improve on my therapeutic communication and also need to improve on my confidence in being a nurse. Definitely communicating with patient and family. In that when they ask about how the baby is doing I know how to give them the full idea of what's going on and what the plan of care is.</p>
<p>What did you learn today?</p>	<p>I learnt about periodic breathing in the NICU babies is normal but not for an infant. This is because they are adjusting to breathing outside the womb. Periodic breathing is when the baby stops breathing for 5-10 seconds and the alarm starts beeping because it says the respirations are going down and then they become tachypnea, because they have immature respiratory system and they are learning to regulate their breathing, when it becomes dangerous is when the baby has periodic breathing for more than 10 seconds or longer and the baby are wheezing, or they have change in skin color which is pale blue and cyanotic and also their oxygen saturation is less than 95 %.</p>
<p>How will you apply what was learned to improve patient care?</p>	<p>I will apply what I learned by making sure I am observing my vitals and how the baby is breathing, that I know my normal and abnormal vital signs, that I know interventions like give oxygen, repositioning the baby and suctioning when necessary. Also inform the doctor in charge if the interventions done are still not helping the baby. Also mexythallene therapy like caffeine can help their breathing pattern more regular, and CPAP which can assist in breathing by opening their airway.</p>
<p>Please reflect on how your NICU simulation learning experience assisted in meeting 2-3 of the Student Learning Outcomes.</p>	<p>1. Safety and quality-we were able to make sure that, the suction was working and oxygen was able to go at a peep of 20, when turned on in case of an emergency. Made sure the patient had an ID on them, so as not to have the wrong baby. Made sure the patient was in a crib that was both walls and no dangerous items in the crib, made sure we had the correct feeding by verifying with the second nurse.</p>

	<p>2. Clinical judgement-when one of our baby's temperature was 36.1 which was a low temperature, we performed necessary intervention to bring baby's temperature up, like turning up the radiant warmer to 100 %, swaddling the patient with double blankets and continuous monitoring of the baby's temp.</p> <p>3. Communication and collaboration- we were able to work, with the charge nurse to insert and IV in a newborn which requires both hands. We were able to communicate with the speech therapy about how the baby has been doing during feeding as he was not cueing to feed and speech therapy came to evaluate the baby. We were also giving report to the charge nurse about how each baby was doing and any changes that may have occurred.</p>
--	--