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## 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?	I was mostly glad to have the opportunity to practice OB skills and interventions in a environment where I'm encouraged to learn through constructive criticism.
What did you already know and do well as you provided patient care?	My patient was admitted to a non-reactive stress test, and has history with preeclampsia. Therefore, I knew it was important to promote placenta blood circulation. I already planned to position mom on left lateral side, administer oxygen, stop oxytocin, and have fluids on bolus.
What areas do you need to develop/improve?	I believe I can improve on my time management and practice my therapeutic communication. Especially in instances when it's not only patient (mom) that is under stress, it can also include family/
What did you learn today?	Today I learned/practiced by Leopold's maneuver, and how to carry out a non-stress test. I was reminded that baby's reaction will vary depending on the gestational age.
How will you apply what was learned to improve patient care?	I will continue to emphasize on the important of therapeutic communication to best reduce the already stressful situation that commonly occurs in the OB arena. Prioritization is very important to implement to best alleviate patient's symptoms to reduce the risk of complications in antepartum, intrapartum, and postpartum.
Please <b>reflect</b> on how your OB simulation learning experience assisted in meeting 2-3 of the <b>Student Learning Outcomes</b> .	<ol style="list-style-type: none"><li>1. Communication and Collaboration was implemented through each scenario. The primary nurse, charge nurse, and provider worked as a team to provide quality care. Each person presented helpful interventions, ensured safety, and prioritized while caring for patient.</li><li>2. Professionalism was carried through the scenario, remaining calm when completing interventions, acknowledging patient and family, and double-checking decisions were best for the patient. Each nurse advocated for their patients, provided resource information to all in the room.</li></ol>

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