

NAME: Christine Pinili

DATE: 10/29/25

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
<p>What feelings did you experience in clinical?</p> <p>Why?</p>	<p>I felt cautious during my assessments because I wanted to make sure I correctly distinguished between true and false labor. I felt a lot of relief with having my supporting nurses in managing the situation in my scenario and learned a lot from their scenarios as well.</p>
<p>What did you already know and do well as you provided patient care?</p>	<p>I was able to apply my knowledge of labor assessment by evaluating contraction patterns and performing a cervical exam correctly using sterile technique. I also provided clear education to the patient and family about recognizing signs of true labor.</p>
<p>What areas do you need to develop/improve?</p>	<p>I need to continue building my overall confidence in the clinical setting. This includes feeling more assured in performing assessments, communicating with the healthcare team, and making clinical decisions.</p>
<p>What did you learn today?</p>	<p>I learned how important it is to rely on both clinical data and patient input when determining labor status. I also learned the value of prioritizing the mother's mental health by using therapeutic communication to provide reassurance, emotional support, and education during uncertain or stressful moments.</p>
<p>How will you apply what was learned to improve patient care?</p>	<p>I'll use what I learned by paying attention to both clinical findings and what the patient tells me when making decisions. I'll also focus on using good therapeutic communication to support my patients emotionally, especially when they're anxious or unsure. By staying calm and confident, I can help my patients feel more comfortable and cared for.</p>
<p>Please reflect on how your OB simulation learning experience assisted in meeting 2-3 of the Student Learning Outcomes.</p>	<ol style="list-style-type: none"> 1. Clinical Judgment: I used evidence-based data to distinguish between Braxton Hicks contractions and true labor by assessing contraction regularity, intensity, and cervical change. Based on minimal progression, I determined the patient was not in active labor and communicated findings to the healthcare team to guide further observation and discharge planning. 2. Professionalism: I maintained a calm, respectful attitude throughout the encounter, ensuring patient privacy and dignity during the cervical exam. I advocated for the patient by confirming her understanding of discharge instructions and reinforcing that her concerns were valid, even though she was not yet in active labor. 3. Communication & Collaboration: I effectively communicated with my charge nurse, the assisting nurse, and the doctor to discuss my assessment findings and determine how to move forward with the plan of care. I also communicated with the patient to obtain accurate information regarding her symptoms and progression. This collaboration ensured that my findings were thorough and promoted trust across the interdisciplinary team.