

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?	Nervousness, I was the first to go so I did not really know what to expect. I was also a little overwhelmed since L&D is a new nursing specialty to me. I think it'll get easier with more exposure though.
What did you already know and do well as you provided patient care?	Monitoring FHR, and UC (placing toco and ultrasound, and reading the fetal monitor for anything "abnormal") Assess moms vital signs and any progressing signs of preeclampsia. How to perform the NST, the results, and the reasoning.
What areas do you need to develop/improve?	Confidence Patient Identification and Family Identification upon entering room Allergy Identification Therapeutic Communication
What did you learn today?	I need to remember to ID patient first thing! I know this is something that should be embedded in my brain by now, and I feel kinda silly that I let my nerves get in the way and forgot. I also learned that a way to improve therapeutic communication can be to ask the patient why they are feeling that way, or what is causing them to think "such and such" is happening. And reassure the patient that we will do everything we can to keep her and the baby safe.
How will you apply what was learned to improve patient care?	I will remember to ID patient and family. I will remember to talk to the patient about why she's feeling a certain way instead of just saying "im sorry" or "that must be difficult" over and over

Please **reflect** on how your OB simulation learning experience assisted in meeting 2-3 of the **Student Learning Outcomes.**

1. Safety and Quality: We formulated a plan of care before entering the patients room and starting the scenario based on the patients condition and we ensured quality care by sticking to the plan of care in order to safely and effectively treat the patient problem.

2. Professionalism: We acted as professional nurses by using our knowledge and skills to advocate for patients. In multiple scenarios the nurses advocated for the mother. Example being, during the IPV scene, the nurses advocated for the patient's right to request pain medications. Another example of nurse professionalism is when we educated the patients regarding things like drug use, true v false labor, appropriate diet during pregnancy (avoiding caffeine and hot chips) but in a respectful and non judgmental manner so that the patient feels empowered and have all the information they need to make healthy choices for them and their baby.

3.