

Mayci Wood

POST CLINICAL REFLECTION DAY 1

This exercise strengthens your clinical judgment skills.

Reflect on your clinical day and the decisions you made caring for this patient by answering the questions below.

Day 1 Reflection Questions	Student Nurse Reflection
What feelings did you experience in clinical today? Why?	During my first 5 shifts I felt excited and a smidge nervous. I was nervous because I really wanted all the nurses to like me. I was excited because I absolutely enjoy and love working with Postpartum Moms and babies.
What did you already know and do well as you provided patient care today?	The things that I have done well on include time management, bedside manner, and communication with the patients. I feel confident in the orientation of my unit knowing where to find everything and remembering all the different codes to the closets, lounge, med room, nursery...etc.
What areas do you need to develop or improve?	I could use some work on setting up my epic to make it more convenient for me. Navigating through all the different areas of epic and knowing where exactly to chart certain things are important, and I would like to improve my knowledge on epic.
What did you learn today?	I learned During these last 5 shifts I have learned what steps need to take place during a hemorrhage, how to do 24 hour baby's labs, bath, & assessments, I have also learned what all to look for that could mean declining health status in moms, and when to call for help.
How will you apply what was learned to improve your patient care?	I can apply all that I have learned to my everyday role as a post partum mom and baby nurse. I now know what abnormal assessments need immediate attention and which ones are considered "normal" for a postpartum mom. I can also use the knowledge I learned during the baby's 24hr labs, bath, and assessment to practice safe baby handling and comfort. My preceptor is also absolutely amazing at communicating with the mamas up here and has given some helpful communication tips that can helps me know how and when to educate.