

# Final Reflection

What feelings did you experience in clinical today? Why?

- I felt excited because it was a unique opportunity and something I had never experienced before. It allowed me to see firsthand how care routines are adjusted for multiples. Also felt nervous, managing the needs of two infants at the same time made me more aware of my time management and prioritization skills. By the end of the day, I felt proud of myself. The experience pushed me out of my comfort zone and helped me grow.

What did you already know and do well as you provided patient care today?

- I realized that many of the skills I've been building in clinical already supported me. I used the newborn assessment skills I've practiced, checking vital signs, monitoring feeding cues, and assessing skin color and tone and felt confident performing them on each baby. I also applied what I already knew about safe infant handling, ensuring proper support of the head and neck, and maintaining thermoregulation.

What areas do you need to develop or improve?

- Time management with multiple patients and improving charting efficiency and documentation.

What did you learn today?

- That babies can be born with natal teeth as one of my twins had them.

How will you apply what was learned to improve your patient care?

- How essential it is to maintain individualized care even when caring for multiples. I'll apply clear communication with parents. Supporting a family with twins requires reassurance, education, and patience. I plan to continue to use therapeutic communication to explain what I'm doing and to encourage parents as they adjust to Caring for two newborns. Overall, the experience helped me develop better multitasking skills, deepen my assessment abilities, and build my confidence in handling two infants at once.