

NAME: _____

DATE: _____

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?	Overall, I felt very comfortable and encouraged during this simulation. I felt this way because I know that it is a learning environment where I will not be judged and will be pushed to use the knowledge that I have learned. I was able to lean on my peers who were very encouraging. There were times that I was not completely sure, but my peers were able to help me in those.
What did you already know and do well as you provided patient care?	Going into my scenario, I knew that one of my main priorities was monitoring the fetal heart rate and contractions. To do that, I needed to perform Leopold's which I did well and was able to accurately read the data afterwards. I also did a cervical exam as well as measure the intensity of the contractions. I was also able to use therapeutic communication with the patient and family, as well as teaching them about true versus false labor, contraction strength, and when to come in to the hospital.
What areas do you need to develop/improve?	I think I could improve on being confident in what I know rather than doubting that and knowing the different resources available for patients and their families. These will help improve my patient centered care.
What did you learn today?	I learned so much from my scenario, as well as all the others during this weeks simulation. The nurses have such a big role in how the patients labor experience is, and we need to remember that and be their biggest advocates. That might mean having security walk people out, changing what our normal is, and really anything else.
How will you apply what was learned to improve patient care?	I will apply what I learned by continuing to use therapeutic communication and help keeping the patient informed, supported, and safe. I will be more confident and what I know, and continuing to learn more in what I don't. I will also collaborate with other resources that will benefit the patients and continue to learn more about the resources available.
Please reflect on how your OB simulation learning experience assisted in meeting 2-3 of the Student Learning Outcomes .	<ol style="list-style-type: none"> 1. I utilized professionalism by telling the parents about how social work could come in and help them with their questions about insurance and the cost of the stay. 2. I performed clinical judgement to realize that the patient was experiencing Braxton hicks from her cues. She was saying she was having abdominal pain and there were no contractions on the monitor. 3. I demonstrated communication and collaboration by teaching the patient and her parents how to assess the strength of contractions, what true vs false labor is, and when to come to the hospital. They taught back how to assess contraction strength.

