

NAME: Stefanie Black \_\_\_\_\_ DATE: 2/11/26 \_\_\_\_\_

## 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?	Initially I felt pretty confident going in but once there I felt overwhelmed and unprepared because I had focused so much on my patient's potential respiratory issues. I thought she was being admitted. I didn't understand that it was an outpatient being evaluated for false vs true labor. Once I realized she wasn't, I switched gears pretty well, it just took a minute for me to get my bearings.
What did you already know and do well as you provided patient care?	That I didn't need to add stress to my pt. I knew this due to prepping for her hx of asthma and not wanting to do anything to exacerbate her anxiety. I was able to switch gears and focus that knowledge of needing to keep pts stress level down with providing her education on knowing the difference between true and false labor and also requesting case management provide her with resources to help ease financial burdens.
What areas do you need to develop/improve?	Confidence. Always confidence. But here's where I'm coming from-it's not lost on me the importance of taking this all seriously bc one day these will be actual people and if I give my patient the wrong information, it could potentially be life threatening. But I also know I need to trust myself more.
What did you learn today?	I really appreciated the ability to practice team work and learn how that looks in a clinical setting. In past scenarios, it's felt segmented but in this sim, we really had to rely on and utilize each other. It felt good to be able to practice that and see it play out and to depend on each other.
How will you apply what was learned to improve patient care?	I think in the past I had been so focused on getting my scenario done because it was the one I prepped for and the one I was going to be graded on. This was the first time it felt like what it could feel like working on a floor, as a team. It didn't feel isolating. I think it opened the door for me to feel comfortable (as opposed to an annoyance) asking others in my unit for help and offering help if they need it. Being comfortable working as a team will ultimately improve patient care.
Please <b>reflect</b> on how your OB simulation learning experience assisted in meeting 2-3 of the <b>Student Learning Outcomes</b> .	<ol style="list-style-type: none"><li>1. Professionalism: Pt and pts mother both reported feeling like they were annoying the staff and getting rude looks from the staff at the clinic because of the amount of times they had been in due to false labor. I was able to teach the patient and her mother signs of true labor and also reassured them that they were not annoying and to come in to be checked because I would rather them come in and everything be ok than them not come in and everything not be ok.</li><li>2. Communication and Collaboration: I included the above interaction in documentation and SBAR to oncoming primary nurse in hopes that now that we know more about her concerns, we can hopefully treat her with more compassion in future interactions, hopefully creating the foundation for a mother who trusts that</li></ol>

everyone involved in her care has her and her baby's best interest in mind.

3. Clinical Judgement: This may be a little more abstract but I used my judgement to go into Kadie's room to help defuse a potentially dangerous situation with an agitated father. I was completely confident in her ability in handling it and she was handling it, but in my role as CN, if I could relieve some of that stress for her, I was happy to come in and distract the father and deescalate the situation, answer questions he had, and involve him in the birth and hopefully help him bond with his newborn daughter.