

## IM6 PMH: vSim for Sandra Littlefield\_Borderline PD

### Learning Objectives:

- ❖ Identify the psychopathology of mental health disorders
- ❖ Assess contributory factors affecting care, including but not limited to psychosocial, cultural, spiritual, environmental, and socioeconomic factors
- ❖ Establish a therapeutic milieu that engages psychiatric patients and their families
- ❖ Identify the indications, therapeutic effects, side effects, and teaching implications of drugs used to treat the symptoms of mental health disorders
- ❖ Provide a safe environment for both patients and staff
- ❖ Recognize communication patterns and use therapeutic communication techniques that illustrate caring for the patient's overall well-being
- ❖ Apply the nursing process to prioritize the plan of care
- ❖ Communicate appropriately with the therapeutic team in a timely, organized, collaborative, and patient-specific manner

### Scenario-Specific Learning Objectives:

- ❖ Perform a mental status examination
- ❖ Establish therapeutic communication, including setting boundaries and limits around attention-seeking behaviors
- ❖ Recognize attempts at "splitting" behaviors and respond to these appropriately
- ❖ Recognize the need for a consistent approach to care among interprofessional team members
- ❖ Model coping strategies and techniques for cognitive restructuring
- ❖ Examine personal thoughts, feelings, and biases related to personality disorders

### Pre-briefing:

#### Scenario Overview:

**Patient:** Sandra Littlefield

**Diagnosis:** Borderline personality disorder

#### Brief Summary:

Sandra Littlefield is a 36-year-old female with borderline personality disorder who is currently in jail on a prostitution charge. She has a long history of unstable relationships including several divorces, poor impulse control, and difficulty holding a job. Her history includes drug and alcohol abuse, anxiety, cutting and suicide attempts, and jail time for assault. She was sexually abused as a child. She has a history of emergency department visits for back pain, and she has presented to the jail infirmary several times reporting back pain, but a physical assessment revealed no evidence of a physical cause, and magnetic resonance imaging (MRI) of the back was also negative. She was given acetaminophen and ibuprofen for pain relief.

Today she presents again, claiming the pain has persisted. During the interview with the nurse, her behavior is attention seeking. She is trying to convince the nurse that the previous nurse promised her some stronger pain medication; at times she is trying to flatter the nurse, and at other times she becomes agitated and complains that no one believes her or cares about her.

The students should complete a mental status examination and provide patient education on coping strategies. Student goals are to provide therapeutic communication, deescalate the situation, set limits with the patient in response to her attention-seeking behavior, and maintain a consistent approach with other members of the healthcare team.

Time Allotment	
1.50 hours	Reviewing the Suggested Reading found in the v-Sim scenario.
0.25 hours	Complete the Pre-Quiz
3.00 hours	Complete the Scenario (calculated at 2:1 time and with 3 attempts to achieve a score of 80)
0.25 hours	Complete the Post-Quiz (must achieve a score of 100)
1.50 hours	Complete the Critical Thinking Worksheet
1.00 hours	Complete the Guided Reflection Questions