

Mental Health Case: David Carter, Part 1

Guided Reflection Questions

Opening Questions

How did the simulated experience of David Carter's case make you feel?

It was interesting to see how the patient responded to questions, and the different behaviors that are shown with these types of patients. At times when the patient exhibited loose association, I felt confused and wanted to know what the patient was communicating.

Talk about what went well in the scenario.

I did well on the universal competencies, making sure the environment was safe before entering and therapeutic communication. I also did well with getting David to eat food, considering he did not trust the food given to him. I also did well with telling David that I am his nurse, and that I was there to help him get better.

Reflecting on David Carter's case, were there any actions you would do differently? If so, what were these actions and why?

If I could do things differently, I would go through the assessment thoroughly. It was interesting communicating with David because at times I was unable to understand what was being said. I think that I was a bit confused on what questions to ask without agitating the patient. I would also provide David with a distraction activity for when he is feeling overstimulated.

Scenario Analysis Questions*

PCC What issues identified in the health history could impact David Carter's treatment regimen?

The patient's paranoia identified as, thought broadcasting and history of becoming violent could lead the patient to aggressive on the unit. Also, the patient's history of being hospitalized before could lead to relapses as well.

What could the nurse recommend to the primary provider that might increase compliance to the medication regimen?

The patient stopped taking his medications because he was gaining weight so I would encourage the use of an SGA that does not cause weight gain.

PCC/I Identify a support group that would be beneficial to David Carter's family.

The patient would benefit from attending a local NAMI chapter, they have resources for patients and caregivers to encourage and support them as they navigate this diagnosis.

PCC/S What action should be initiated to promote nurse safety?

The nurse should maintain distance when talking to the patient, and notice signs of aggression. The nurse should also avoid touching the patient as well.

PCC Given the patient's paranoia, which techniques would be effective in assisting the patient in performing activities of daily living?

Encourage the patient to complete these tasks by himself and give options that are comfortable for both the patient and the nurse to promote autonomy.

Concluding Questions

How would you apply the skills and knowledge gained in the David Carter case to an actual patient situation in different acute care units (emergency room, intensive care unit, obstetrics unit, etc.)?

I will make sure to ask questions to identify the progression of the patient. I will also make sure to assess the patient every time I enter the room. Lastly, I will advocate for my patients and use therapeutic communication to encourage trust.

* The Scenario Analysis Questions are correlated to the Quality and Safety Education for Nurses (QSEN) competencies: Patient-Centered Care (PCC), Teamwork and Collaboration (T&C), Evidence-Based Practice (EBP), Quality Improvement (QI), Safety (S), and Informatics (I). Find more information at: <http://qsen.org/>