

Krishia Hernandez

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?

- **The stimulated experience of David Carter's case make me feel more aware of what it's like to have schizophrenia, which makes me understand why they do what they do. And a lot of realization - I cannot imagine living with someone telling you to do, people thinking you are "crazy", etc. So this experience me motivate to encourage patients to stick to their treatment regimen, provide resources, and help them the best way that I can as a future nurse.**

Talk about what went well in the scenario.

- **What went well in the scenario are checking the scene safety, asking the patient permission to ask questions about how his feeling (mental status exam), and using therapeutic communication most of the time.**

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

- **Yes, at first try, I incorrectly record the mental status exam because by accurately documenting mental satus exam will determine mental health strengths and coping skills and to screen for dysfunction; assuring that he is safe in mental health unit, and health care team will help him, and that I can't hear the voices - that we are the only one in the room by using therapeutic communication.**

Scenario Analysis Questions*

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

- **Issues identified in the health history could impact David Carter's treatment regimen are the paranoid delusions that he have, believing that people are listening to his thoughts, and auditory hallucinations telling him that he should not eat the hospital food because it is poisoned.**

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

- The nurse could recommend to the primary provider that might increase compliance to medication regimen is referring the patient to dietician because he believes that they are responsible for his weight gain.

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

- Support group that would be beneficial to David Carter's family is NAMI Family Support Group - a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition.

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

- Action should be initiated to promote nurse safety is checking if the scene is safe and can get out if needed, communication with other nurses when and where you will be interacting with patient, avoid wearing things that may be used to cause harms (stethoscope, earrings, necklace, etc.), and avoid closed or secluded environments.

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

- Techniques that would be effective in assisting the patient in performing activities of daily living are giving positive reinforcement for independent behaviors - positive reinforcement enhance self-esteem and encourages repetition of desirable behavior, encouraging independence in the performance of personal responsibilities, as well as in decision-making related to client's self-care. Offer recognition and praise for accomplishments, and helping client increase level of self-awareness through critical examination of feelings, attitudes, and behaviors - self exploration in the presence of a trusted individual may help the client come to terms with unresolved issues.

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 would apply the skills and knowledge gained in David Carter case to an actual patient situation in different acute care units by starting a therapeutic relationship with the patient and allowing the patient time to answer questions, and not being judgemental of the patient's situation. Also being more understanding and having patience to help patient return to their baseline, provide interventions, and refer to resources that they need when they do not think they want to be helped.

* 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:

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