Keaton Carothers **1/13/20**

Online Simulation

Scenario 3: Dehydration

1) **List in order of priority your initial nursing actions identified for Eva Madison based on physical findings and family interaction.**
   I reviewed my patient EMAR and physician's orders before beginning. I saw that the order stated to have a continuous pulse oximeter, so I attached that. I started my assessing my patient by getting vital signs, performing a full head to toe assessment and asking various questions. I called my HCP about the patient using the SBAR technique because my patient was complaining of pain. I got a new order for a bolus of fluids and so I administered that ASAP.

2) **What complications might Eva Madison face if her symptoms are not recognized and treated in a timely manner?**
   Prolonged dehydration can lead to seizures, hypovolemic shock, kidney and urinary problems. It is important to correct these to alleviate any electrolyte and fluid imbalances.

3) **What measures should be initiated to decrease anxiety in Eva Madison's mother while simultaneously caring for Eva?**
   I would be empathetic to Eva and her mother's situation. Anytime spent in the hospitals can be stressful. I would assure her I am doing the best I can and that her daughter is in good hands. I would explain that a loss of electrolytes can cause stomach spasms. I would explain that I am giving a bolus of fluids to help her feel better. I would reassure her that I will continue to monitor her daughter and to let me know if she needs anything.

4) **Reflecting on Eva Madison's case, were there any actions you would do differently? If so, what were these actions, and why would you do them differently?**
   I wish I had called the physician sooner. My patient complained of being dizzy and so I raised the head of bed in hopes that would help. Had I called the physician and explained my patient's symptoms maybe she would have started to feel better quicker.

5) **Describe how you would apply the knowledge and skills you obtained in Eva Madison's case to an actual patient care situation.**
   The mom was very concerned, and I focused more of my attention to my patient. I should always assume the patient's parents know their child best. I did provide my patient with a stuffed animal for comfort. I should consider paying more attention to my patient and their family's nonverbal communication in order to best respond to their needs.

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Online Simulation

Scenario 4: Sickle Cell

What is the relationship between fluid and oxygen therapy in the treatment of sickle cell anemia?

Adequate hydration is essential in preventing sickle cell crisis in sickle cell anemia. Dehydration, acidosis, hypoxia, temperature changes, and infection are all triggers that can cause the sickling of red blood cells. These triggers can create issues as that sickled hemoglobin will distort the membrane of the affected RBC causing them to become lodged in small blood vessels instead of freely flowing through the bloodstream.

What complications might Brittany Long face if her symptoms are not recognized and treated in a timely manner?

Brittany will experience a lot of chronic symptoms if she is not treated in a timely manner. Things like retinal detachment leading to blindness, osteoporosis, renal failure, hematuria, inability to concentrate urine, and enlarged liver and spleen can occur if repeated vaso-occlusive crisis occur.

Document the patient teaching that you would provide for Brittany Long and her family before discharge, including disease process, nutrition, signs and symptoms of crises, prevention of infection and dehydration, and pain management.

Some of the teaching I would incorporate prior to discharge is to avoid strenuous exercise because increases the patient's risk for dehydration. I would stress the importance of being up to date on immunizations and using prophylactic antibiotics as prescribed.

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

I assessed my patient's skin. I did not assess my patient's legs. This was a crucial element that I missed, because I got distracted. The other thing I wish I had done differently is give my patient her pain medication before completing my history and physical. My patient was in extreme pain and I should have prioritized that over everything else once I saw that she was stable.

Describe how you would apply the knowledge and skills that you obtained in Brittany Long's case to an actual patient care situation.

This simulation experience for me demonstrated the importance of prioritization of care to me. I hope to be more equipped to deal with situations like this. I enjoyed it because it gave me real life experience in a low-risk scenario.