

Jenna Dixon

Mental Health Case: Sharon Cole

Guided Reflection Questions

Opening Questions

How did the simulated experience of Sharon Cole's case make you feel?

- After doing Sharon Cole's case I feel nervous for clinical. I know that communication is a little different in psychiatric nursing. I am a little worried I will not know how properly theurapeutrically respond to a patient. In the Vsim the communication was not hard, because I was given options of responses to pick from. I know it will take some practice to get more confident in my communication skills. After this simulation I have a better idea of how to respond in a manic episode. I was confident in the interventions and skills that I chose in the vsim.

Talk about what went well in the scenario.

- I think there were several things that went well. I entered the room making sure the environment was safe, identified the patient, asked for allergies, and began my vital signs and assessment. When I realized she was agitated I dimmed the lights to reduce environmental stimuli and administered Lorazepam to reduce agitation. After I asked about her mental state, I called the provider to update on the patients condition. I think it was done in a timely and organized manner.

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

- After reading my results, I would change two of my responses to the patient where they were more theurepetic to the patient. I would also bring the patient a sandwich or something to eat since she has not been eating recently which is a physiological threat.

Scenario Analysis Questions*

PCC What issues have you identified that could be barriers to a successful treatment for Sharon Cole?

- o Sharon Cole does not want to take her medications because they make her feel like she isnt herself. Poor med adherence is a barrier to successful treatment.

How would you address the manic state?

- First, I would make sure the environment was safe to enter. I would sit and talk with the patient, and establish rapport. Answer questions honestly. Keep a neutral face and tone in voice. Be nonjudgmental, and not take comments personally.

PCC/I Identify a support group that would be beneficial to Sharon Cole's husband.

- Depression and Bipolar Support Alliance (DBSA) and the National Alliance on Mental Illness (NAMI) and the National Depressive Manic-Depressive Association (NDMDA). These are support groups that can be beneficial for patients with bipolar disorder and their significant others.

PCC/S What action should be initiated due to Sandra Cole's medication regimen?

- Because she is noncompliant with the medication, a different route of the medication could be administered to Sharon weekly or monthly to maintain compliance.

Concluding Questions

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

- I can apply the knowledge and skills I learned in this simulation to any other case in my nursing career. Staying calm, forming a relationship with the patient, and trying my best to help the patient feel better.

* *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/>*