

## Mental Health Case: Sharon Cole

### Guided Reflection Questions

#### Opening Questions

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

It made me feel a little worried that I might say the wrong things, I wish in situations like this it had choices given to us, too. But I know that as long as you try to remain patient in reality, and do not contradict about patient their delusions, those are the important things to remember.

Talk about what went well in the scenario.

Starting care with VS and assessments before doing any interventions are what we know since IM1 so that went well.

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

After taking the vital signs and assessment of iv site and cast, I will probably dim the lights first before starting the questionnaires. This will help calm the patient.

#### Scenario Analysis Questions\*

**PCC** What issues have you identified that could be barriers to a successful treatment for Sharon Cole? Her being combative and not being able to communicate her feelings without the distracted thoughts are some of the barriers as if she can't tell us, sometimes it is difficult to assess what she is having problems with

How would you address the manic state? Remaining calm and keeping the environment less stimulating as possible.

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

Depression and Bipolar Support Alliance

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

Labs (CBC, Blood culture, TSH)

Pt and family education regarding symptoms to report and that are expected

Pt and family education regarding proper time to take and contraindications

### 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 will remain calm, and be there for the pt as much as possible. I will keep the environment less stimulating, such as dimming lights and keeping the tv off. When responding with pt, I will keep it to reality and not the disapprove her/his thoughts and dreams.

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\* *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/>*