

Mental Health Case: Sharon Cole

Guided Reflection Questions

Opening Questions

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

I feel that the simulation experience went well. I did struggle with the patient being very distracted and unable to answer a lot of my interview questions. She was very manic and unable to focus. Even though she was technically admitted postoperatively for a surgical repair of her ankle, she was struggling in her mental health. This became more and more evident as the scenario went on and I investigated more.

Talk about what went well in the scenario.

I was able to perform the assessments well in a timely manner. I uncovered a little bit more of her story and what she remembered. She revealed her thoughts and emotions to me. I was able to provide a minimal stimulus environment. I was able to gather up to date vital signs, perform an assessment, and give her a PRN medication to help with agitation.

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

Looking back, I struggled with how to appropriately answer the patient a lot of the time. I did not want to approve or disapprove the patient's statements and feelings. However, I also did not want to ignore her concerns or statements either. It was hard to try and provide the most therapeutic communication.

Scenario Analysis Questions*

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

Mrs. Cole was not adhering to her prescribed medication regimen and plan. This led to the accident and her manic behavior in the simulation. Mrs. Cole displayed grandiose ideas throughout the entire simulation. She was in a rush to attend to her "obligations" and this presented an obstacle for her treatment.

How would you address the manic state?

To help treat the manic state, I would ensure the patient starts and adheres to her Lithium medication. Lithium is a mood stabilizer and can help prevent further manic episodes. I would also teach her the importance of adhering to her medication regimen. I would also maintain a minimally stimulated environment to prevent any further agitation.

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

One support group Sharon Cole's husband might benefit from is the NAMI family support group. NAMI is a support group for caregivers and loved ones of family members struggling with mental illness. I feel this would provide Mr. Cole with the necessary support and resources to handle his unusual family dynamic.

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

See if Mrs. Cole qualifies for the ACT team. The ACT would be a great option as they provide help with medications and medication adherence. I would also consult with physician about possible other medications that do not take as much patient 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.)?

This simulation definitely helped me with my communication. I think that I will now know how important it is to not approve or disapprove of delusions or abnormal thought processes. These things are important so that one does not encourage delusions or provide positive reinforcement for bad behavior. It is important to find a balance and still be able to provide therapeutic communication and develop a therapeutic relationship

* *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/>*