

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 really sad about how people who are experiencing something like this must be going through. The patient at times seemed like she was really frightened, and there wasn't much we could do as the nurse to make her feel better or reassured. All interventions that I took didn't quite seem to help her, even after I administered her meds. It made me wonder what I would do if I was experiencing this situation in a real life scenario.

Talk about what went well in the scenario.

I think what went well is that as the nurse, I had the capability to ask Sharon a lot of questions to try to get a feel on what was going on with her, and where her mental status was currently at. It allowed us to be very thorough in our assessment of the patient. I also gained good perspective on some questions that I could ask in the future.

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

At one point I didn't respond to the patient when she made a statement. I think I would have done this differently because providing an answer to the patient would have been more therapeutic and would have allowed her to gain more trust with the nurse.

Scenario Analysis Questions*

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

Sharon seemed to remain agitated and confused no matter what interventions I took. I think a barrier to a successful treatment for Sharon would be to figure out what works for her. I also think a lot of the symptoms she was exhibiting could greatly hinder her ability to adhere to her medication regimen. Another thing I assessed is that the patient was having a lot of delusional thoughts, so this makes me concerned about if she would hurt herself or others.

How would you address the manic state?

I would continue to orient my patient to reality. I would also do my best to keep stimulus low as to not add to all that was already occurring.

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

A support group that I would suggest to Sharon's husband would be Depression and Bipolar Support Alliance (DBSA). DBSA has hundreds of support groups to give individuals living with bipolar disorder or depression and their loved ones practical ways to work towards achieving wellness. You don't have to feel alone or ashamed. DBSA group participants are people with mood disorders and their families who have shared experiences, discuss coping skills, and offer hope to one another in a safe environment.

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

I would teach Sharon the importance of adhering to her medication regimen once she achieved a mental state capable of understanding. This would be best done while she was not experiencing a manic episode.

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 learned the importance of asking a lot of questions to try to figure out what is going on with a patient who is experiencing a mental health crisis. Also the importance of things such as doing a safety check, and dimming the lights in order to decrease stimulus in the environment. It seemed like every little thing we did was beneficial to discovering the bigger picture. In the future, I think I will apply a lot of the interventions that I saw within this scenario.

* 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/>