

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 pretty good because for the most part I knew what I had to do. The only thing that kind of worried me was the number of questions she asked because some were kind of hard to answer. It also made me feel sad for people that have bipolar disorder because of all the things they have to go through. I felt sad for the patient also because of how trapped she felt but she needed to stay in the hospital a little longer to heal so there was not much we could do.

Talk about what went well in the scenario.

What went well in the scenario was the number of questions I asked to get an accurate description of what the patient was experiencing. I was also able to give the correct medication for her agitation which helped the patient. I was able to answer most of the patients questions therapeutically and orient her to what was going on. Lastly, I was able to do all the assessments I needed to and call the physician to update them on the patient's condition.

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

I would reply therapeutically to all of her questions. On a couple of her questions, I did not choose the best response. Looking back, I would change this because I would want the patient to get the best help they can get and a major part of that is therapeutic communication. In a real life scenario, some of my responses could have been interpreted by the patients wrongly resulting in a dispute that could have been easily avoided.

Scenario Analysis Questions*

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

The issues I identified are that she did not want to take her medications, she wanted to leave without proper treatment, she kept wanting to yank out her IV, and she was currently in a manic state.

How would you address the manic state?

I would use proper therapeutic communication to address all of her concerns and orient her to what is going on. I would also ask enough questions to know everything I need to about her current state of mind so that I could give her proper treatment. I would ensure that her environment is safe and with minimal stimuli. Lastly, I would make sure that she gets proper rest and the nutrition that she needs.

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

The best support group I could find for her husband is the Depression and Bipolar Support Alliance.

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

Possible inpatient therapy, home health for any help getting medication, making sure she has a strong support system at home, and possible apps or paper calendar to help with medication reminders. She should also have follow up appointments scheduled to test lithium levels since she's on lithium.

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 use the knowledge I have acquired to have better therapeutic communication with future patients. I will try to be more careful and think more about what I say so that the patient can get the best help they can. I will also always know everything I need to about a patient's medications so I can accurately talk to them about it and help them realize the importance of taking them. I will always make sure a patient's room is safe before I enter the room. Lastly, I will try to be more understanding of patient's conditions and try to not have any prejudices toward them. This will allow me to remember that they are a person and not a diagnosis.

* *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/>*