Madison Gage

Mental Health Case: Sharon Cole

Guided Reflection Questions

Opening Questions

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

-The simulated experience of Sharon Cole's case was interesting to me. Throughout the care, I had to redirect due to delusional thinking. It also made me more confident in the clinical skills that I'm able to take. Throughout the scenario I really just imagined it was a real patient and the helped a lot.

Talk about what went well in the scenario.

-What went well in this scenario, is number one I made sure that the patient was safe. I continued to do that throughout, and also did multiple assessments. I gave a medication, then called a provide to continue the plan of care.

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

-After reflecting on Sharon Cole's case something that I would do differently next time is educate the patient more about their illness. I would take more time to communicate about bipolar disorder, especially when she made comments about it.

Scenario Analysis Questions*

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

-The patient was agitated especially with external stimuli, flight of ideas, and non-compliance with medications.

How would you address the manic state?

-I would address the manic state by decreasing external stimuli, I would also provide medications as ordered, and re-direct the patient as necessary.

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

-A support group that would be beneficial to Sharon's husband would be NAMI, they have a support group for spouses of patients with bipolar disorder.

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

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-The action I think should be initiated is maybe switching to a long term injection, so that it would be easier for her to adhrere to a medication regimen. Such as Invega sustenna. Also education about the medication verbal, and written.

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 patient safety standards to actual patient situations in different acute care units. Psychiatry patients will be seen everywhere not just mental health facilities. I will also appy patient education, every patient will require some type of education. I'm sure many would benefit from discussing coping skills, defense mechanisms, and relaxation techniques.

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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/*