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1. Patients with sickle cell anemia tend to have decreased oxygen levels because the sickled cells in their blood cannot carry adequate oxygen. The fluid therapy promotes hemodilution to prevent the sickled cells from sticking together and leading to a vaso occlusive crisis. The supplemental oxygen is a comfort measure for the patients.
2. Brittany could have a vaso occlusive crisis, acute chest syndrome, and tissue ischemia if her symptoms are not recognized and treated quickly.
3. I would educate Brittany and her family on what sickle cell anemia is, maybe having a demonstration or a short video. Sickle cell patients need to eat foods high in iron, since sickle cell can cause anemia. Signs of a vaso occlusive crisis include, severe pain in arms and legs, tissue ischemia, and acute chest syndrome. A crisis can be triggered by illness, stress, dehydration, and cold exposure. Making sure that you are adequately hydrated and not low on iron can help prevent a crisis. Parents need to closely monitor their child during times of stress or illness and be able to recognize the signs quickly, going to the hospital if needed. Pain management for a crisis usually includes the use of opioids. Demerol is highly contraindicated and cannot be given for risk of seizure. Distraction and other non-pharmacological pain management strategies can be used along with opioids.
4. I felt that Brittany may have needed more pain assessments. Also, I wish I would've been able to suggest other non-pharmacologic pain management strategies.
5. From the simulation, I learned the importance of complete physical and pain assessments. When you do a complete assessment, it is easy to paint the picture of what the patient is going through in your head. Having good assessments can also point to any trends or changes the patient is having.