

Mental Health Case: Linda Waterfall

Guided Reflection Questions

Opening Questions

How did the simulated experience of Linda Waterfall's case make you feel?

- I understand why Mrs. Waterfall would be anxious about the entire situation. Just talking about cancer in general scares me. This stimulation made me feel overwhelmed because there were signs and symptoms of anxiety that I was unaware of. Also, when she mentioned the medicine bundle that I didn't know anything about.

Talk about what went well in the scenario.

-I felt that being able to communicate with the patient and ask open ended questions helped me out in this scenario. Identifying the patient and providing therapeutic communication went well for me.

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

-I made the mistake of offering Mrs. Waterfall food when she was NPO. Next time I would write notes and put stars by the NPO.

-I should've mentioned her rights sooner and allowed time for the patient to decide. I felt that I was rushing the process and didn't realize it myself.

Scenario Analysis Questions*

PCC What priority problem(s) did you identify for Linda Waterfall?

- **Upon reading the scenario, Mrs. Water has anxiety related to surgery. She also refused to take her lorazepam.**
- **She mentioned that all of her family lives far away and she was wanting them to be there, but it was difficult.**

If the nurse did not recognize or respond appropriately to Linda's concerns, what could the ramifications be?

-Her anxiety could have increased and potentially leading her to not have surgery at all.

PCC/I Discuss the importance of a medication bundle for Native Americans.

- **A medication bundle for the Native Americans is a container for items believed to protect or give spiritual powers to its owner.**

T&C What other individuals in addition to the primary care team should be involved in Linda Waterfall's case?

-I believe that case management should be involved and getting Linda her medication bundle. As well as helping her with who she would prefer. I believe that a Native American spiritual healer would be great for Mrs. Waterfall. She may feel a sense of relief.

PCC In Linda Waterfall's situation, what therapeutic communication techniques would be most effective?

- I believe that once we can get the patient her medication bundle, she'll be more calm and willing to communicate about the surgery. She'll be in a different state of mind with her bundle. We can mention to her about case management helping her with her preference. Active listening would be a great technique and being attentive to what she says.**

Concluding Questions

Describe how you would apply the knowledge and skills that you obtained in Linda Waterfall's case to an actual patient care situation.

-I would make sure to be aware of her needs and double check her chart. I would apply this to an actual patient care situation by being aware of his/her culture. Also, I would make sure the patient was aware of her rights at all times to prevent them from being anxious.

** 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/>*