

## Mental Health Case: Sandra Littlefield

### Guided Reflection Questions

#### Opening Questions

How did the simulated experience of Sandra Littlefield's case make you feel?

**-The stimulation showed me a lot about the patient and her personality disorder. At first her being in jail was a bit scary and seeing all of her tattoos. I would be overwhelmed if I was actually there at the jail taking care of her. The fact they mentioned the guard was the door scared me a little bit more. I didn't know what to expect at this point.**

Talk about what went well in the scenario.

**-I believe communicating with the patient went well for me. She stated several times that she felt alone and isolated. My presence being there and talking about relaxation techniques was helpful. I felt like the patient was able to express how she felt.**

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

**-I would like to be more prepared and educated about the personality disorder and recognize some of the triggers. I felt that I did well communicating with the patient but needed to do better.**

**- I would also change how I addressed the patient about their pain and be more attentive to her.**

#### Scenario Analysis Questions\*

**PCC/S** What should be the nurse's priority when caring for Sandra Littlefield?

**-It would be providing safety to the patient and the nurse herself. The patient would more than likely become agitated if pain is not addressed in time.**

What action should be initiated to maintain personal safety?

**-The nurse should be aware of her environment and know the policies for aggressive patients. The nurse should use therapeutic communication to deescalate Sandra's behavior.**

If the nurse did not recognize the importance of personal safety, what could be the consequence?

**-The patient can become aggressive and hurt the nurse as well as herself. The nurse needs to be aware of the patient's behaviors and feelings based on presentation and communication.**

**PCC/S** Discuss the importance of therapeutic communication and setting limits for Sandra Littlefield.

**-Being consistent with the patient and not overstepping would help out. Also, avoiding “Why” questions as well. We want to be consistent and set boundaries. As well as limits to avoid the patient from maladaptive behaviors.**

**T&C/S** What members of the healthcare team should be involved in Sandra Littlefield’s case?

**-Social worker, therapist, nurse, and the psychiatrist and/or psychologist.**

### **Concluding Questions**

Describe how you would apply the knowledge and skills that you obtained in Sandra Littlefield’s case to an actual patient care situation.

**-I would be more aware on how to communicate with the patient and be able to realize some of the behaviors that may be present. Also, being able to set limits and boundaries would be helpful for the next patient as well.**

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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/>*