

Scenario 3: Dehydration

1. List in order of priority your initial nursing actions identified for Eva Madison based on physical findings and family interaction.

History vomiting and diarrhea with inability to keep fluids down, in conjunction with no urination since 8 pm last night was a huge red flag that the dehydration was becoming severe and may have been going on for an extended period of time. This knowledge helped me prioritize my nursing interventions as follows

1. Assess cardiovascular and pulmonary status
 2. Provide continuous monitoring of cardiac and pulmonary function
 3. Assess vitals, mucous membranes, skin turgor, skin temperature and overall appearance of the patient
 4. Assess pain and request physician orders
 5. Hang the ordered fluids after calculating maintenance fluid rates
 6. Do frequent neurological checks and assess the pump and IV site at least once an hour
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2. What complications might Eva Madison face if her symptoms are not recognized and treated in a timely manner?

Weight loss, dry mucous membranes, listlessness, paleness were luckily all caught fairly early on in the case and treatment was begun in the ED. However, if these signs and symptoms were not caught and treated in a timely manner, Eva could have led to hypovolemic shock, seizures, kidney failure, and cerebral edema. All of these complications are life threatening and further demonstrates the importance of early recognition and intervention.

3. What measures should be initiated to decrease anxiety in Eva Madison's mother while simultaneously caring for Eva?

Parental education on Eva's condition and the diagnostic tests being performed should be initiated to help decrease anxiety in Eva's mother. Additionally, the mother can be included in aspects of the care of her daughter and as a source of nonpharmacologic pain management.

4. Reflecting on Eva Madison's case, were there any actions you would do differently? If so, what were these actions, and why would you do them differently?

During my first simulation try I missed the button to assess mucous membranes. This was a serious mistake that led to an incomplete assessment on the patient. In my second attempt I was able to check these and have a better understanding of the patient's overall status. In addition, the patient was in pain (2 on scale), it was at this time that I simulated calling the physician, I recognized that a medication alone would not be sufficient. It is so important to add non pharmacological interventions as well, unfortunately I realized this after some assessments rather than before. In hindsight I wish I would have given Eva the stuffed dog earlier on in my interaction.

5. Describe how you would apply the knowledge and skills you obtained in Eva Madison's case to an actual patient care situation.

In an actual patient care setting the importance of cardiovascular and pulmonary functioning monitoring would be extremely important. An accurate and detailed assessment would be crucial to recognizing the status and progression of the illness. Timely recognition and treatment are critical to prevent life threatening complications. I intend on being aware and prudent in my future practice in dealing with dehydration cases that can progress quickly with potentially very dangerous outcomes. Finally, caregiver teaching would be so important so that the caregiver can also be educated on home treatments, recovery, and when it is important to seek medical care.