

Mental Health Case: Sandra Littlefield

Guided Reflection Questions

Opening Questions

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

I felt as though I could not understand how she felt because she had so many different thoughts and emotions while I was assessing and interacting with her. She obviously felt hopeless and alone in jail and did not understand why she could not get her medications. I did feel sorry for her because due to her disorder she constantly was changing behavior, mood, and affect.

Talk about what went well in the scenario.

What went well about the scenario was assessing the scene for safety first, identifying her by name and date of birth, and assessing for allergies. After I did the identification process, I washed my hands and proceeded on with the assessment. I assessed her vital signs and her pain levels and did the appropriate education on non pharmacological techniques to reduce pain. I also showed her resources like the jail library where she could read to promote relaxation.

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

I would get more familiar with the Mental Status Examination form and make sure I was filling it out correctly. Also, asking more questions related to her mental state so I could see where and how she was feeling about certain topics.

Scenario Analysis Questions*

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

Making sure the scene is always safe since it was in a jail setting as well as orienting Sandra as appropriately. Assessing her mental status as well as how to reduce pain with other non-pharmacological methods would be a top priority since she was having high pain levels even with the medications she had been given.

What action should be initiated to maintain personal safety?

Always maintaining 2 arms lengths away is appropriate to maintain the nurse's and patient's safety. Also, before setting foot into the room, assess the scene for safety.

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

Sandra could possibly have an episode and want to harm the nurse or herself since she had previously mentioned that she sometimes thinks about hurting others as well as her past suicide attempt.

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

Therapeutic communication is important because it allows the patient to express their feelings and concerns without being judged. I never asked Sandra why she was feeling a certain way, instead something more appropriately would be, "you are feeling overwhelmed today?"

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

The team should include Sandra's HCP, the nurse, herself, and if she has any sort of support person who cares about her.

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.

This was very realistic in the sense that there are multiple people in the hospital and community settings that deal with this disorder. Maintaining personal space and assessing for safety as well as not asking triggering questions are all things I would do in an actual patient care situation.

* 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/>