

Mental Health Case: Linda Waterfall

Guided Reflection Questions

Opening Questions

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

The experience made me feel sorry for Linda as she was suffering from a cancer diagnosis as well as anxiety. I cannot imagine how that must feel.

Talk about what went well in the scenario.

What went well in the scenario was that I assessed the scene for safety, introduced myself, and identified the patient, her birth date, and if she had any allergies or not. I then made sure it was okay for her support person to be in the room while I took her vital signs and asked her various questions regarding her feelings. I assisted her in deep breathing techniques and contacted the provider.

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

The only thing I would do differently is educate and advocate more for the patient as well as providing therapeutic communication.

Scenario Analysis Questions*

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

The main priority was that she was suffering from anxiety due to her cancer diagnosis, not having her medicine bundle, and remembering how her mother died.

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

Linda would be anxious about the surgery and feel conflicted about whether to proceed or not.

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

It is a collection of sacred items that provides protection and healing for its owner. It is contained of things needed for survival.

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

Linda and her support person should be included as well as a spiritual person Linda might desire since her religion is important to her.

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

I think actively listening to Linda voice her concerns as well as clarifying her feelings towards having the surgery would be beneficial in figuring out her internal thoughts.

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 utilize active listening, clarifying, and recognizing thoughts and feelings is definitely something I would do in an actual patient care situation. Also, always recognizing a patient's cultural and spiritual beliefs and knowing what I can do to support their wishes.

* 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/>