

Mental Health Case: Sandra Littlefield

Guided Reflection Questions

Opening Questions

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

- I was confused. I didn't know whether to believe her or try and get her to use different methods of pain relief

Talk about what went well in the scenario.

- I think I did good answering therapeutic responses. I also did good by asking questions to make her feel like I was taking her pain seriously. I also did good when I educated her on all the options she can do.

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

- I would give her specific alternative pain relief methods other than just talk about them

Scenario Analysis Questions*

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

- **Assessing her pain at the location, and severity. As well as mental health**

What action should be initiated to maintain personal safety?

- I would report to the guard that she made comments of wanting to kill herself

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

- The patient could follow through on any plans of self-harm

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

- **Therapeutic communication should be done so the patient is comfortable enough to tell answers that may be scary to herself. Also being stern with the medication time and letting her know the times she can have it will help with compliance**

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

- **A physician, a psychiatrist, a nurse**

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 will apply the knowledge gained about therapeutic communication with a patient who is irritable. As long as you are calm and listen to the patient more cooperativeness will occur

* 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/>