

Mental Health Case: Randy Adams

Guided Reflection Questions

Opening Questions

How did the simulated experience of Randy Adams' case make you feel?

The simulation made me feel as though I don't truly understand what a soldier really goes through or how the symptoms of PTSD really manifest themselves.

Talk about what went well in the scenario.

I assessed the patient well: I made sure to ask the right questions and did my best to respond with therapeutic answers. The plan I had as I went into the patient's room went well; therefore, increasing the pace and efficiency of the scenario.

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

I think I could have taken a little more time in making the patient uncomfortable. He was clearly nervous and I didn't really take the time to make him feel better. Some of my responses could have been more therapeutic in nature. However, it is challenging to get a "feel" of the patient in a simulation.

Scenario Analysis Questions*

PCC/S What could occur if Randy Adams kept taking his sumatriptan succinate?

The patient stated he had been suffering from migraines since his deployment. If he continued taking the medication, his headaches may be more controlled.

PCC/I Discuss the types of support groups and resources that would be beneficial to Randy Adams and his family.

I think the patient would benefit from a veterans support group. A group that has a common people that understand what Randy is going through and can give him tips on how to cope with his issues.

I What benefit services are available for veterans with PTSD?

The VA offers a variety of services for veterans including: mental health assessments, psychotherapy, family therapy, group therapy, and PTSD specialists.

PCC What discharge teaching needs to be given to Randy Adams' wife related to his care?

Discharge teaching can be given to both the patient and his wife. Both can be educated on worsening symptoms of a concussion. We can also teach about what to watch for with his PTSD and when to contact a physician. Also, teaching about the importance of follow up appointments, and going to referred social programs are vital.

Concluding Questions

How would you apply the skills and knowledge gained in the Randy Adams case to an actual patient situation in different acute care units (emergency room, intensive care unit, obstetrics unit, etc.)?

We will be taking care of a variety of patients with a variety of psychiatric conditions in clinicals. It is not out of the realm of possibility to assume I could help take care of a patient with PTSD. I believe I have a better understanding of this disease process and can better take care of patient with this condition now.
