

Mental Health Case: Sandra Littlefield

Guided Reflection Questions

Opening Questions

How did the simulated experience of Sandra Littlefield's case make you feel? **The experience made me feel intrigued. I think we see fictionalized versions of BD in movies. I got to see a more realistic version of this condition and how these people present. It was much more informative than I thought it would be.**

Talk about what went well in the scenario. **I thought I was able to communicate well in the simulation. It really pushed trying to communicate therapeutically since this patient wasn't the most oriented. She was angry and feeling depressed so I had to make sure what I was saying to her didn't escalate the situation.**

Reflecting on Sandra Littlefield's case, were there any actions you would do differently? If so, what were these actions and why? **I would have educated the patient more about her pain and medication. I didn't say anything about either the first time I did the simulation. The recommendation suggested keeping the patient's mind off medication. I realized that she did have to have some education because she was on as needed meds and was in pain.**

Scenario Analysis Questions*

PCC/S What should be the nurse's priority when caring for Sandra Littlefield? **I think the priority should be assessing her mental status (giving the mental examination). The results will give us more information on how to better care for the patient.**

What action should be initiated to maintain personal safety? **Maintaining a safe distance away from the patient will ensure personal safety.**

If the nurse did not recognize the importance of personal safety, what could be the consequence? **The nurse could find themselves injured or in a dangerous situation.**

PCC/S Discuss the importance of therapeutic communication and setting limits for Sandra Littlefield. **Ms. Littlefield was already showing signs of agitation, playing into her delusions or communicating in a non-therapeutic way could have put not only the nurse in danger but other staff members as well. Not setting limits for the patient would have had the same results.**

T&C/S What members of the healthcare team should be involved in Sandra Littlefield's case? **Nurses, doctors, psychiatrists, psychologists, social workers, and possibly rehab personell should be involved in her case.**

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 think having a more realistic idea on how to care for a patient with this condition will allow me to better care for and understand them. I think I've also learned how to communicate better with a psychiatric patient as well.**
