

Mental Health Case: Randy Adams

Guided Reflection Questions

Opening Questions

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

It made me nervous at first because I forgot a few things the first time.

Talk about what went well in the scenario.

I did all my universal competencies, I did all of the assessments like the doctor ordered.

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

I would have asked for permission for his wife to be there the first go round and I also would've gone more into depth about how he was doing today and how he was feeling.

Scenario Analysis Questions*

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

It could cause more noise and light sensitivity and there would be a danger of serotonin syndrome.

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

1. Attending veteran service organizations.
2. Private veteran support groups.
3. These may promote relaxation to Randy and help his family overcome this.

I What benefit services are available for veterans with PTSD?

1. Counseling, therapy & maybe veteran affairs.

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

1. I would advise patient to seek medical attention ASAP if feeling of hurting himself or others.
2. Encourage patient and wife to go to therapy so she has more of an understanding of how he feels so it doesn't cause problems in their relationship.

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.)?

I would show the patient that I cared and help him as much as possible. I will never want my patient to do something they aren't ready for so I will never try to pressure them. I would use my skills with relaxation techniques to help my patient cope and meet his needs to full potential.

** 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/>*