

## Mental Health Case: Randy Adams

### Guided Reflection Questions

- **Opening Questions**

- How did the simulated experience of Randy Adams' case make you feel?
  - The simulation experience of Randy Adams made me feel sad for him and his family.
- Talk about what went well in the scenario.
  - I think the assessment tools went well during the scenario. In the past I don't have a lot of experience with these assessment tools so it was good to be able to practice with them.
- Reflecting on Randy Adams' case, were there any actions you would do differently? If so, what were these actions and why?
  - I would have tried to be more vigilant of my responses. There were some responses that the scenario said I used the nontherapeutic response and I don't want to do that with a real patient.

- **Scenario Analysis Questions**

- **PCC/S** What could occur if Randy Adams kept taking his sumatriptan succinate?
  - Sumatriptan succinate is a headache medicine that narrows blood vessels around the brain. Drugs.com also states not to use sumatriptan within 24 hours before or after using another migraine headache medicine. Randy Adams was placed on Topiramate which is used for migraines, therefore he did not need sumatriptan succinate. Overuse of headache medication can lead to worse headaches, impaired driving or hazardous activity, severe chest pain, shortness of breath, irregular heart beats, and blood circulation problems.
- **PCC/I** Discuss the types of support groups and resources that would be beneficial to Randy Adams and his family.
  - Randy Adams would benefit from a support group full of other veterans around his age. I also think his family and wife specifically would benefit from a support group with spouses of PTSD patients. Joy would also benefit from a support group that involves women becoming the "bread winner" and decision maker for their families.
- **I** What benefit services are available for veterans with PTSD?
  - Disability compensation, counseling from VA (talk therapy, family therapy, and group therapy), medications, and videos from veterans with PTSD and resources available in each community.
- **PCC** What discharge teaching needs to be given to Randy Adams' wife related to his care?
  - Suggest that she gets into a support group for spouses of PTSD patients
  - Teach her how to deescalate situations when her husband may be facing severe anxiety.

- Teach her about the importance of medication adherence and the importance of her husband needing to show up to appointments and support groups.

- **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 will use what I learned from the vsim in an actual patient situation to try to have a more therapeutic relationship with patients. This scenario showed that some comments that you might not think are nontherapeutic really are. I will also use this scenario in other areas of the hospital by remembering not to have stigmas or biases against patients with mental illness, because they often can not control it.

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\* *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/>*