

## Mental Health Case: Randy Adams

### Guided Reflection Questions

#### Opening Questions

How did the simulated experience of Randy Adams' case make you feel? The way that Randy Adams answered his questions, I could tell he was feeling anxious. At one point he wanted to stand up to continue with the questions. His tone made him seem worried and troubled. He also wore sunglasses to his appointment because the bright lights were a trigger for him and gave him headaches.

Talk about what went well in the scenario. Randy Adams was very cooperative and answered all of the questions himself. He was willing to let his wife stay in the room for the assessments and said that she was very supportive of him with what he was going through.

Reflecting on Randy Adams' case, were there any actions you would do differently? If so, what were these actions and why? In my first run through of the Randy Adams scenario, I did not ask him if he was okay with his wife being present in the room before I began questioning him. I understand that the patient should always feel comfortable speaking and it is the nurse's duty to make sure the patient is comfortable with anyone else being present in the room.

#### Scenario Analysis Questions\*

**PCC/S** What could occur if Randy Adams kept taking his sumatriptan succinate? Effects can be increased when taken with Diazepam

**PCC/I** Discuss the types of support groups and resources that would be beneficial to Randy Adams and his family. A support group for military veterans would be a good thing for Randy Adams to look into.

**I** What benefit services are available for veterans with PTSD? Sound Off- Anonymous Mental Health Support, VA, Disabled Veterans Foundation, Veterans of Foreign Wars

**PCC** What discharge teaching needs to be given to Randy Adams' wife related to his care? Monitor Randy for signs of abuse or misuse of the Diazepam, make sure he does not drink alcohol while taking his medications. Note any significant changes in Randy's behavior.

#### 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.)? When speaking to a patient with suspected PTSD, be careful of how you speak to them. It is important to gain the patient's trust and make them feel comfortable talking to you. Do not force the patient to talk about anything they are not comfortable talking about until they are ready.

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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/>*