

Mental Health Case: Linda Waterfall

Guided Reflection Questions

Opening Questions

How did the simulated experience of Linda Waterfall's case make you feel? I felt empathy for the patient because I could tell that she had fear and anxiety about her procedure and not being able to locate her medicine bundle, which was a very important thing to her, made it worse.

Talk about what went well in the scenario. The patient was able to calm down by taking a few deep breaths and explaining that she did not want to move forward with anything until she had her medicine bundle. She was able to express her concerns and beliefs without judgement.

Reflecting on Linda Waterfall's case, were there any actions you would do differently? If so, what were these actions and why? I would ask the patient where we could find her medicine bundle and how we could get it to her, so she could feel more comfortable about her procedure.

Scenario Analysis Questions*

PCC What priority problem(s) did you identify for Linda Waterfall? She was having difficulty breathing and felt panicked. She felt like her mother died because she lost her medicine bundle and finding her medicine bundle was a very important thing for Mrs. Waterfall.

If the nurse did not recognize or respond appropriately to Linda's concerns, what could the ramifications be? Mrs. Waterfall could have claimed that the nurse was biased or judgemental of her cultural beliefs.

PCC/I Discuss the importance of a medication bundle for Native Americans. The medicine bundle represents the person's spiritual life. It is believed to protect or give spiritual powers to its owner.

T&C What other individuals in addition to the primary care team should be involved in Linda Waterfall's case? The chaplain, or possibly a leader from Mrs. Waterfall's tribe to comfort her during this process.

PCC In Linda Waterfall's situation, what therapeutic communication techniques would be most effective? Repeating her statements back to her to ensure full understanding and letting her know that the nurse realizes the importance of Mrs. Waterfall's medicine bundle and cultural beliefs.

Concluding Questions

Describe how you would apply the knowledge and skills that you obtained in Linda Waterfall's case to an actual patient care situation. I realize that each person has different values and beliefs and

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acknowledging the importance of those beliefs is crucial to the patient's care. If the patient feels misunderstood or discriminated against, it could prevent them from seeking medical intervention in the future.

* *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/>*