

Mental Health Case: Randy Adams

Guided Reflection Questions

Opening Questions

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

This experience with Randy Adams' made me feel bad and wonder why we don't do more for people that serve our country and are faced with issues like this when they return to normal society.

Talk about what went well in the scenario.

The whole scenario went well overall, I knew what I was supposed to be doing. I performed the correct tests and made sure the environment was safe before I entered. I just had trouble using the V-sim scenario itself. For example, I couldn't switch over assessment tools at first so I didn't document the last assessments I did, which resulted in me having to repeat the simulation.

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

The only thing that I would do differently is provide more education and also have more open-ended questions asked throughout the assessment. I think if he was asked more open-ended questions he would be able to tell the nurse more about what was going on and get more of an accurate assessment. I would also pay close attention when performing the assessment because I checked some boxes incorrectly.

Scenario Analysis Questions*

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

Randy Adams could experience an increase in light sensitivity and noise which would cause him more pain and distress, and he would be at danger for developing serotonin syndrome.

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

Randy could benefit from the support groups that they talked about as well as using different techniques to distract from the traumatic events he experienced. The psychiatric nurse practitioner also mentioned that he would benefit from mindfulness. A resource that I found is USA cares: Combat Injured, which provided financial support to help get treatment for PTSD.

I What benefit services are available for veterans with PTSD?

Benefit services that are available for veterans with PTSD are counseling groups, VA clinics and healthcare. The veteran could also apply for disability since he is suffering with a medical condition.

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

Important discharge teaching that needs to be given to Randy Adams' wife is that she needs to be aware of his disorder getting worse. She also needs to be aware of the risk for suicide and to call 911 if they are thinking about hurting themselves or others. Since the patient has a traumatic brain injury, she should be aware of worsening symptoms of this. The wife seems to be in charge of all of the care provided to Randy, so we should also educate about taking time for herself to make sure she is staying mentally healthy as well.

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 be able to ask the right questions and show my patients that I can empathize with them. I also would be able to conduct the appropriate assessments and know how to respond to the patients answers.

* *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/>*