

Mental Health Case: Randy Adams

Guided Reflection Questions

Opening Questions

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

- I was concerned at first, because I do not know much about PTSD or the assessments that were ordered. I quickly got comfortable with the scenario though after reviewing the patient's chart and getting started on asking the assessment questions. Overall, I felt very educated regarding some of the manifestations a patient with PTSD might experience.

Talk about what went well in the scenario.

- I feel as if my patient's ability to answer the assessment questions and patience during the multiple assessments went very well. He stated talking about his past made him uncomfortable, therefore I anticipated some hesitance or agitation from him, but was pleased with the overall result.

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

- During my first attempt I did not ask him when he felt his best or provide education to him and his wife. These are very crucial aspects to understand his feelings regarding this point in his life and how his experiences have impacted him. Providing education on PTSD is important to assist in a complete understanding of what he is experiencing, as he seemed very disturbed and confused regarding his recent changes. Proper education can assist with better treatment and more successful outcomes overall.

Scenario Analysis Questions*

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

- If Randy continued taking his sumatriptan succinate it could result in a possible overdose due to the high levels of the medication within his body. He could potentially experience a multitude of negative side effects as well due to the toxic levels of the medication.

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

- There is a variety of different support groups and resources that would be beneficial to Randy Adams and his family. One would be private counseling sessions for Randy to open up about his feelings in private with a therapist who specializes in those struggling with PTSD and can assist in proper treatment/communication methods. Another would be group therapy sessions for those with PTSD to be able to hear other people's perspectives and

experiences struggling with the same thing. Having someone who understands can be extremely therapeutic so that they might not feel so isolated in their struggles. Randy and his family can attend family support groups for those with a family member who struggles with PTSD that way the kids and wives can also have peers to confide in who understand and are experiencing the same thing.

I What benefit services are available for veterans with PTSD?

- There are a multitude of different treatment programs available for those struggling with PTSD, especially if it is military related. These programs can assist in counseling, financial assistance, housing, and group support with others experiencing PTSD.

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

- One crucial aspect that Randy's wife needs to be educated on is the risk of depression and suicide in regards to PTSD. This is an extremely common result of struggling with PTSD, and recognizing the signs before suicide is attempted is crucial in this scenario. It is also important to provide Randy's wife resources for herself to seek support from other wives who have husbands struggling with PTSD to assist in support and adapting to this difficult time in their lives.

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.)?

PTSD is unfortunately a common occurrence, and this simulation was very important to assist in preparing to be faced with this situation in real life. Knowing what symptoms to recognize and how to communicate therapeutically is very important when it comes to caring for those with PTSD in all type of units, because they could be anywhere. PTSD does not discriminate. Educating the patient and their family is one of the most important aspects in this type of situation, because PTSD can affect an entire family emotionally and can spiral out of control quickly. I feel much more prepared to care for a PTSD patient and their family, especially when it comes to communication. Most of all, I feel confident that I would be able to recognize the signs of someone struggling with PTSD in any unit and be able to implement safety precautions and proper communication techniques to improve their quality of care regarding their PTSD specifically.

* *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:*
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