

Elias Lozano (1m6) 10.13.21

Mental Health Case: Linda Waterfall

Guided Reflection Questions

Opening Questions

How did the simulated experience of Linda Waterfall's case make you feel?

Made me feel sorry for the pt, especially since she stated she could not breathe. It also made me reflect on the cultural aspect of it as well, since the pt was a native American. They would have certain concerns that needed to be addressed.

Talk about what went well in the scenario.

Controlling her high HR of 110, and high RR of 24, while she was being anxious for the surgery. Therapeutic communication and reassurance were key here.

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

Asked if there was another source of sacred objects to utilize instead of the "medicine bundle". If not, hopefully find a solution to bring peace to this issue.

Scenario Analysis Questions

PCC What priority problem(s) did you identify for Linda Waterfall?

- Anxiety → RT to pre surgery, missing medicine bundle.
 - Decisional conflict → wanting to delay surgery
 - Impaired religiosity → missed cultural event, instead went to surgery first
- If the nurse did not recognize or respond appropriately to Linda's concerns, what could the ramifications be? Anxiety, physiological signs may worsen
- Failure to meet Nursing Bioethics, such as beneficence
 - Possible legal action if pt perceived as discrimination → (Justice bioethics).

PCC/I Discuss the importance of a medication bundle for Native Americans.

Native Americans view this as a sacred object.
This 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?

- Social worker
- Charge Nurse
- Counsellor
- If possible, members of the (Indian Health Service).

PCC In Linda Waterfall's situation, what therapeutic communication techniques would be most effective?

- You statements → "you seem worried"
- Open ended questions
- Restatements = clarification

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.

Active listening is a key component to providing care. Sometimes the Dx on the MAR is not the only problem a pt wants addressed. I would know to actively listen to small concerns, and not be afraid to ask questions.

From vSim for Nursing | Mental Health. © Wolters Kluwer.

(Ex: observe pt body language → Ask/Listen → Reassure → Find solution/Alternatives).