

## Mental Health Case: Randy Adams

### Guided Reflection Questions

#### Opening Questions

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

This scenario made me feel very different and slightly confused in terms of how medical/surgical assessments work versus how psychiatric mental health nursing assessments. In med/surg our assessments are more physical in the aspect of inspection, auscultation, and palpation. During the assessment of this case, it was a lot more of questioning and observation of the patient's response to the questions being asked. His mood also shifted a lot during the assessment from being cooperative to irritated, that was something I noticed that was different to me because his shift is affect was not due to any physical pain or discomfort like it would be in a med/surg case.

Talk about what went well in the scenario.

I think what went well for me during this scenario was remembering to do universal competencies. Even though it is just a questionnaire screening assessment, it is still important to verify the patient, wash hands, acknowledge and ask permission for his wife to be in the room, wash hands. I felt that there were times during the assessment when a question would be asked, the patient would not directly answer the question, so repeating the question 1 or 2 more times ensured a clear response. The charting aspect of the scenario was also very engaging and helpful. I feel like we do not get too much practice with charting when doing in person simulation activities.

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

After repeating the scenario a couple times, I noticed that I would forget to do things again like all the universal competencies on my second attempt. I think I would forget to redo those things because I, technically, already did it, but I just had to repeat the scenario. In the future when I am actually working as a nurse, I always need to remember that regardless of how many times I enter a patient's room, I need to always verify the patient and remember hand hygiene.

#### Scenario Analysis Questions\*

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

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

Randy and his family can attend support group meetings available in the community like NAMI meetings. They can also reach out to healthcare providers for resources from psychiatrists or psychologists. Support groups can be beneficial for the whole family, while group therapy can be something that will help Randy work through his PTSD with others suffering with him.

I What benefit services are available for veterans with PTSD?

The VA offers treatment programs that include mental health testing/assessments, medication services, and family therapy. They also provide inpatient support programs for those who may need it.

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

Stress the importance of medication adherence for Randy. Remind his wife that it is just as important for her to care for herself as it is for Randy. She should possibly consider therapy if she becomes too overwhelmed. Make sure Randy follows up with doctors appointments and be supportive of his mental illness.

### 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.)?

In an actual patient, I feel like it would be necessary for me to be more thorough when doing verbal assessments. It is important to ask questions and truly get to know your patients history. Another thing I feel like I forget to do a lot is ensure a safe environment, not just for the patient, but myself as well. Speaking to the support person is also something that is important because they can hold important information as well.

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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/>