

## Mental Health Case: Randy Adams

### Guided Reflection Questions

#### Opening Questions

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

- The simulation made me feel sad, because it was very apparent that Mr. Adams was nervous and anxious. His wife was very supportive and Mr. Adams cared for his wife and their children greatly, but because of his concussion he is unable to help her with the children which I could tell frustrated him. Mr. Adams' situation made me want to help him and his wife as much as I could and I hope that he is able to return to his normal self.

**Talk about what went well in the scenario.**

- I was able to communicate with the patient therapeutically and not make him any more distressed than he already was. I gathered all the necessary information in an efficient manner and relayed the information to the Doctor. The doctor was able to decide how to proceed with treatment based on my assessments.

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

- I would have talked Mr. Adams more about how he was feeling if I could do the scenario again. I would focus more on Mr. Adams instead of focusing on the task of asking the questions on the assessment. I would also document some of the things Mr. Adams said in a note, because so of the things he said came across as worrisome.

#### Scenario Analysis Questions\*

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

- If Mr. Adams continued to take his sumatriptan succinate he could develop serotonin syndrome. This is why the patient should look for symptoms of agitation, restlessness, confusion, tachycardia, hypertension, dilated pupils, heavy sweating, muscle twitching, and diarrhea.

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

- Veterans Crisis Line: This is a great resource for someone like Randy who is a veteran and may not know the resources in his community. When you call the number you are connected with a trained responder who you can text, call, or online chat with. They are able to connect veterans with local resources, and provide immediate help in suicide prevention. (800-273-8255)

- Mindfulness Coach: This app was designed for Veterans, Service members, and others to learn how to practice mindfulness. The app provides self guided mindfulness practice that helps you anchor your attention.
- PTSD Family Coach: This app would be a great resource for Randy and his family. This app is geared toward family members of someone with PTSD. It provides extensive information about PTSD and helps guide you to take care of yourself and your loved one. This would be a great resource for Randys wife as she is doing her best to be there for him but is visibly drained and needs help.
- PTSD Coach: This app was designed for those who have PTSD, and provides them with information about posttraumatic stress disorder, and how to manage stress. It is individualized because you are able to customize the tools based on your own preferences.

#### **I What benefit services are available for veterans with PTSD?**

- The VA provides many services for veterans suffering with PTSD
  - They provide everything from counseling/therapy to medication that is proven to work for treating PTSD. They have a number of resources for veterans like Randy.

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

- Identify the patient's and family's goals, preferences, comprehension, and concerns about discharge.
- Provide a list of prescribed drugs, including the dosage, prescribed time schedule, and adverse reactions to report to the practitioner. Provide the patient (and family or caregiver, as needed) with written information on the medications that the patient should take after discharge.
- Provide contact information for local support groups and services.
- Assess the patient's and family's understanding of the diagnosis, treatment, prognosis, follow-up, and warning signs for which to seek medical attention.

### **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 sure to monitor my patient for anything that seems to make them on edge and ask them if any of the normal hospital sounds are causing them anxiety. I would use therapeutic communication and validate my patients feelings. I would do my best to provide a therapeutic environment, and avoid things that could trigger them. I believe it is important for us to not just focus on the medical reason a patient is with us but to also focus on the emotional state of our patient. Being in the hospital makes a person feel vulnerable so trying to make the patient and family as comfortable as possible can help make experiens less stressful.

\* *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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