Mental Health Case: Linda Waterfall

Guided Reflection Questions

Opening Questions

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

The simulation made me feel a little nervous. I was kind of having trouble at first, but I ended up getting the hang of things. I realized what I had to address first. I calmed down and realized that this scenario was practice, but I still treated it as the real thing. It was important for me to calm down because this is what is going to happen in real life and I need to be prepared. I ended up gaining some confidence there at the end of the simulation experience.

Talk about what went well in the scenario.

I think what went well in the scenario was the initial interaction. I did my basic safety measures, like hand hygiene and identifying the patient. I also feel the communication went good. I tried my best to address her concerns about how she felt. She seemed very nervous and I think my responses to her very therapeutic. Another thing that went good was also helping her calm down by taking breaths.

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

There were little things I think I could have done differently. I feel like I did good, but there were minor details I could have fixed. I could have maybe prioritized my care more thoroughly. I also could have maybe thought of another way to help calm her if this was a real world situation, but all in all I felt it the simulation went great!

Scenario Analysis Questions*

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

I saw that she was very nervous and anxious about receiving the surgery. She also said she felt like she was going to die. Another problem was that she really wanted her medicine bundle with her.

If the nurse did not recognize or respond appropriately to Linda's concerns, what could the ramifications be?

The ramifications could be a lack of trust fromt the patient. If her conceren's were not met, it would make the patient think that the healthcare system does not care about her situation. I also feel like she would maybe not have gone through with the surgery because that was a big reason of why she was so anxious.

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

The importance of the medicine bundle is for it to be carried around through life. It symbolizes good luck, protection, and strength. It is a very special possession representing a person's spiritual life. The patient did state that her mom had one and that could be why it was so important to her too.

T&C What other individuals in addition to the primary care team should be involved in Linda Waterfall's case?

A chaplain could have been beneficial in this situation to also help calm her down.

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

Using active listening. The nurse could face the patient and not have arms crossed. The nurse could also nod their head to show that they are focusing on what the patient was saying.

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.

I would use this knowledge and skills during a real life situation. This simulation showed a great example of how to use therapeutic communication. I can use this knowledge when I am caring for a patient who is going through a rough time and feeling anxious about things like surgery.

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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/*