

Sim Lab Reflection

As a primary nurse I performed well given my individual situation. I was able to hit the main concepts for my simulation, such as raising the head of bed for the nausea and vomiting, assessing for infection, checking the foley catheter, and looking at the pertinent labs. I also made sure to let the patient know the signs that an infection is getting better, such as monitoring the labs to see which way they are trending and to watch for the physical signs such as burning, pain, and inability to urinate.

I learned that it is important to lift the head of the bed, especially, for a patient that has had a surgery that may affect their airway. The specific case was a thyroidectomy. This is important because the affected area can become inflamed and cause an obstruction of the airway causing respiratory distress. It is also important to start a patient slowly on drinking and eating to allow them to get used to it. Also, if a patient is not comfortable or able to then it is okay to take a step back instead of forcing progression. It is also important to make sure the patient can keep food down and not throw it up. I was also reinforced the importance of verifying name, DOB, and allergies as soon as you go in and see a patient. Also, with a newly diagnosed diabetic patient it is very important to provide enough teaching so that the patient is comfortable with their new diagnosis. Support groups and speaking with a diabetic specialist are other ways a newly diagnosed patient can be helped. Another important concept is to know that you have a team of people to get help from in a hospital setting. In a situation where a patient is having an allergic reaction time is the greatest obstacle. You are most likely not going to have the necessary supplies with you when a random anaphylactic reaction occurs. Therefore, it is important to call for help quickly to receive the extra hands that are needed to take care of the patient in a timely manner.

Something I would change about my performance is verifying that the hanging fluids are correct and flowing at the correct rate. Also, it is extremely important to verify name, DOB, and allergies every time you are going to work with a patient. I would make sure to go over the whole chart so that I don't miss important details like a patient being NPO and having PO meds. It would then be important to contact the physician for an alternative form of the drug.