

Marcia Mata  
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Reflection – Sim Lab

This week's simulation, I performed nursing care for a newly diabetic patient. The patient was experiencing diabetic keto acidosis. The priority in caring for this patient was to stabilize the patient blood sugar & rehydrate the patient. Overall, I think I performed fair. I knew enough to know how to help the patient in the moment. However, when it came to teaching my patient, I did struggle. I didn't have all the answers to give the patient regarding nutrition and how being newly diagnosed with diabetes would affect the patient's lifestyle. I learned it's okay to rely on others help, such as dieticians to help with educating the patient on how they will need to alter their eating habits. It's also okay to tell the patient; I don't have all the answers; but assure them I will get them the right resources to get the support and information they may need. Looking back, I would change my performance by being more confident in myself and the knowledge that I have. I believe this would have helped me not ramble, I do this when I'm nervous, and it would have helped me in my overall interaction with the patient. I would also, educate myself on additional resources that are available to assist and offer support to diabetics. I understand that a newly diagnosis of diabetes could be a scary time and big lifestyle change for most patients. My main goal is to teach on the information I'm aware of and work with others to help support the patient in the best way.