

Mental Health Case: Randy Adams

Guided Reflection Questions

Opening Questions

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

- It made me feel more confident in myself to how to treat a patient with post traumatic stress disorder. I had no idea what that was but getting to know the patient now I know. I had no idea what to do but as I was learning I was able to learn how to be able to talk to them. It made me feel like I didn't know anything in the first place but as it kept going I was learning. This was a great experience to learn a lot from on how to speak and treat this patient.

Talk about what went well in the scenario.

- What went well in the scenario was that I was familiar already on checking the scene for safety. This is important in a psych patient to check surroundings. I knew patient safety and knowing to ask for their name and date of birth. I knew I had to ask certain questions about how he's feeling and his thoughts since he is going through a situation where he gets flashbacks. Everything for the most part went well, I checked for any medications due and they're wasn't any. Another thing that went well as that I was able to do kinda figure what questions needed to be asked to the patient based on what was going on with him.

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

- Yes. Some actions I would do differently would be to not ask so many questions at once but instead try to ask some at a time. I don't want to overwhelm my patient with all these questions. Since he is already stressed about his situation. I feel like I would try to give my patient more coping strategies and just help my patient seek psychotherapy. Another thing I would do different would be to know the tools more to assess my patient thoroughly.

Scenario Analysis Questions*

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

- It can cause him to have more nightmares than usual. It can also cause anxiety more than what he already has, confusion, dizzy, and tightness in the chest.

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

- Some resources would be for Randy to attend Cognitive behavioral therapy, prolonged exposure therapy, or psychodynamic therapy. As for his family he could attend group or family therapies.

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What benefit services are available for veterans with PTSD?

- There is family therapy available, group therapy, psychotherapy, and mental health assessments that can be done to figure out if they have PTSD. If they are classified as having a disability then they can have Medicaid provided by the government.

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

- Some discharge teaching could be to utilize relaxation techniques and other anxiety reducing strategies. Tell the patient to avoid alcohol and caffeine. I would let them know about therapy groups he could always attend to help him out a little bit more. I would let his wife know about reporting any unusual manifestations she would have to be looking out for as well.

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 apply the skills and knowledge in a different unit by using the same patient care needs. All our patients need to be treated equally and the same. Our patients need to be asked for their name and date of birth for safety. It's our job to keep our patients safe and know who they are when we're treating them. We always have to acknowledge our patient at all times. We have to be their advocate and let them know we'll be next to them during any kind of problem or procedure. The knowledge gained from the scenario makes me a better communicator with my future patients on how to speak to them professionally.

* 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/>