

Mental Health Case: Linda Waterfall

Guided Reflection Questions

Opening Questions

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

- This experience made me feel more assertive to what goes on with a patient with severe anxiety. I felt that my patient was really anxious and nervous about the surgery which the other nurse before me had mentioned. I knew there was something to do about it. I know that for a fact if she's not ready for the surgery she has the right to not go through the process. But overall it made me feel more confident to know what to assess for and what to ask my patient.

Talk about what went well in the scenario.

- So what went well in the scenario was that I knew what to assess for which were her main vital signs. Primarily because she has severe anxiety we want to know her pulse rate to see if she has tachycardia. I knew I had to ask permission to the patient if it was fine for her cousin to be there through the process of questions. I let my patient know that she has the right to deny surgery at any time. I knew I had to educate her on all that information about her surgery and what was going on. I let my patient know not to feel bad about the surgery because she has the right to not go through the process if she's not feeling ready.

Reflecting on Linda Waterfall's 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 auscultate her lung and heart sounds. I forgot that this is very important in our patient to see if there's anything else going on with their health affected by the anxiety. Since the patient did mention she felt her heart racing that was a big sign not to miss. I should have asked for any chest pain going on because she did feel her heart racing. I would also have asked for the consent of the patient to see if it was fine for her cousin to be there before I did vital signs. I should have called that provider to further seek more treatments for his/her patient. Since she was not wanting to go through surgery. I did forget to ask some interview questions to know more about how my patient is feeling before surgery. So next time I will ask my patient how they feel about what's going on with their situation.

Scenario Analysis Questions*

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

- The priority problems I noticed were her feelings of anxious, scared, and doubtful about her surgery. She did not want to go forward with the surgery because she had worries about it. It's our duty to respect her decision on not going forward with her surgery. She had a feeling of her heart racing too. Which means she felt anxious about the surgery another good reason to delay

it. The patient didn't want to be left alone either. She wanted her cousin by her side at all times as well. This is the reason why we ask if it's fine for her to be there while being asked questions.

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

- She could have had maybe a panic attack right before her surgery. With all the symptoms she was having they could have gotten even worse. The patient could've passed out in fear into going to surgery. It's important to address the symptoms and know more about our patient in order to help them.

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

- The importance to them is that it's a container which is for their items in which is believed to protect or give spiritual powers to its owner. It's representing their family's history and vision quest. It's a great culture significance to them. The medication bundle could include any medications, herbs, or personal possessions. This is a reason why we should respect their culture at all times.

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

- Other individuals who should be involved should be her cousin since that's her family member. The family member should be involved in discharge planning since the patient might be going home with her. This is important so that the family member knows what to do to take care of her. Another important person who could be involved would be a psychologist. A person whom the patient can go and express her feelings of her situation.

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

- The ones that could be most effective would be cognitive behavioral therapy, hypnosis, psychodynamic therapy, vagus nerve stimulation, and attention bias modification.

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 apply my knowledge and skills in the future to actual patient care by always acknowledging my patient. I think this is very important to know because our patient could be suffering from a lot of things that could be unknown. Our patient care is priority and we should keep doing vital assessments at all times. It's important to see where our patient stands in their health. Another important skill I would do in actual patient care would be to always ask our

patient for consent in allowing another person to be their while their being asked any type of questions. This is very important because privacy is something we should always keep in mind. Another skill I'll keep in mind is to know how to speak to patients in a therapeutic way. Having this communication is very important because it increases the participation of the patient in their care. I'll always keep in mind to listen to my patient at all times and convey information. This is great for their emotional well being and helps support patient.

* *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/>*