Mental Health Case: Randy Adams

Guided Reflection Questions

Opening Questions

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

Randy's case made feel empathetic for those who suffer with PTSD. Although many of the vitims may have once lead very normal lives, events that they have experienced have created tragedy and obstacles that have stuck with them. It must be so hard to not be able to get past the traumatic situations that they just wish they could move past. I can only imagine how straining it must be to have to face those fears each day. It is unfortunate to think about all the other struggles that come along with PTSD, and I hope that those who do stuggle are able to receive the help that they deserve.

Talk about what went well in the scenario.

I think the scenario went well because Randy was able to respond to the questions appropriately. I was able to complete the necessary assessments in order for the doctor to appropriately diagnose him. It was good to see that he had support and that he was able to understand the things that were bothering him. I'm glad that he was seeking help for his problems and that a true diagnoses would be made so that he would be provided with some answers and would be able to receive treatment before things progressed.

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

Looking back, I think for the most part I went about assessing Randy correctly and asking all the necessary questions. I wish that I was able to express my understanding for his situation and ensure him that he is not alone. I would make sure to expain that we are seeking to get him the necessary help and although her may not think that it will be beneifial it would be worth a try. I think it is important that he know that there are reasources out there for him and I would provide him with them all and encourage him to give them a try.

Scenario Analysis Questions*

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

If the medication is taken more often or for longer than than recommended, the headaches may get worse or become for frequent. They should not be taken with other medications being used to treat headaches.

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

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Some of the general treatment that may be useful for Randy and his family include: psycological first aid, supportive or expressive psychotherapy, trauma-focused cognitive behavioral therapy, and support groups. Treatment after a traumatic event is essential for improvement. Cognitive-behavioral therapy can help Randy to think through his problems and hopefully reach some understanding about his condition. Supoort groups would be a great option because just knowing that there are many more people who are stuggling with the same issue and giving him a community to lean on could greatly improve his outcome.

I What benefit services are available for veterans with PTSD?

The VA provides several services for veterans who suffer with PTSD. They can first do a one-on-one mental health assessment to determine for sure if that is what the vet is suffering from. They provide doctors who can prescribe medication as well. Cognitive processing therapy is offered for individuals and families. Group therapies are widely available for those with PTSD to attend. Any veteran suffering with PTSD can all the hotline and get any information that they are seeking.

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

Randy and his family should be provided with the necessary information regarding the disorder, diagnostic test, and treatment options. It is important to teach them to identify any cues that worsen the symptoms and try to avoid them. They should know that alcohol and drugs can worsen the symptoms and interfere with his prescribed medications. Education regarding cognitive behavioral therapy and support groups should be offered and encouraged. It is important to teach that the effects of the medication could take 4-6 weeks to work properly, and they should not be discouraged if improvement is not noticed right away.

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.)?

Knowing now what PTSD can be like for someone and how well it may be hidden, I would be sure to ask all the appropriate questions. I would want to be sure that I am paying close attention to the symptoms they are experiencing and try my best to help them manage them. It would be important that I am able to understand exactly what they have going on and the feelings they are having. I would want to be sure to educate them to the best of my ability and try to get them the necessary reasources.

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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/*