

## Medical Case 2: Jennifer Hoffman

### Guided Reflection Questions

1. How did the scenario make you feel?
  - a. The scenario made me feel more prepared for a real-life situation that we could encounter in a hospital setting.
2. What assessment findings would indicate that the patient's condition is worsening?
  - a. Assessment findings that would indicate that the patient's condition is worsening is a sudden stop in wheezing which could indicate status asthmaticus. Another assessment finding would be an increase in respirations as well as a decrease in oxygen saturation.
3. When a patient develops a rapid onset of shortness of breath, what are the nurse's immediate priorities?
  - a. The nurse's immediate priorities are to auscultate the lungs, obtain an oxygen saturation, sit the patient up, and apply oxygen as necessary.
4. Review Jennifer Hoffman's laboratory results. Identify which results are abnormal, and discuss how this relates to her clinical presentation and the disease process.
  - a. There weren't any lab results that I could find, but based on the assessment findings I could tell that she was in respiratory distress.
5. What communication techniques are important for an extremely anxious patient who is having difficulty breathing?
  - a. Communicating to the patient what interventions we are implementing as well as reassuring them that we are taking the best possible care of them.
6. What patient teaching priorities would be important for the patient who has experienced an acute exacerbation of asthma?
  - a. It would be important to teach the patient about possible triggers that they should avoid. It would also be good to teach smoking cessation if they do partake in smoking. If they have allergies, provide them with education on avoiding certain allergies or notify the doctor and they can take a preventative medication.
7. What resources would you recommend for the patient experiencing asthma?
  - a. I would recommend that the patient see an asthma specialist so she can get control over it before she has another exacerbation. I would also recommend that she make a list of all her medications and when to take them so she can prevent another asthma attack.
8. What would you do differently if you were to repeat this scenario? How would your patient care change?
  - a. I would have assessed the blood pressure when I took vital signs. I focused more on the respiratory vital signs and forgot about the rest.