

Mental Health Case: Linda Waterfall

Guided Reflection Questions

Opening Questions

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

-I think the simulated experience of Linda Waterfalls went well. It took me a little while to figure out how the whole situation worked, but once I got the hang of it I feel like I treated her well. I did not know much about the cultural medicine bundle and there weren't very many communication options to discuss that in the scenario. I feel like the situation would have been pretty different if it were face-to-face because I felt confused on how to navigate things and what order to ask the questions.

Talk about what went well in the scenario.

-Throughout the scenario, I feel like I answered all of the patient's questions as best as I could. I performed therapeutic communication well with the patient. We practiced breathing exercises to try and help calm her nerves. I involved her family member in her care and discussed a little about the medicine bundle that the patient was requesting. I assessed all her vital signs and her mental status.

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

-Looking back at Linda Waterfall's case, I would have looked over the cultural aspect more. At first I had no clue what a medicine bundle was and what it was used for. After the scenario, I learned more about it and I feel like I could have been more prepared for the scenario if I had known about it before hand. I would also have asked some of my questions in a different order that way the communication could have flowed more easily.

Scenario Analysis Questions*

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

-For Linda Waterfall, I identified that her main problem was anxiety. I feel that this anxiety was caused by two main things. One being that she did not have her medicine bundle and she did not want to proceed with her care without it. The second being that she was about to undergo a life changing surgery due to her cancer diagnosis. These problems caused a great deal of anxiety and nervousness for Linda Waterfall before her scheduled surgery.

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

-If the nurse did not respond appropriately to Linda's concerns, her amount of anxiety would have increased. Linda probably would not have gone through with having the surgery if she felt that the nurse was not caring about her problems. If the nurse tried to pursue Linda to have the

surgery without addressing her concerns, that would be a form of negligence and not being an advocate for the patient. I think the patient would have been scared and overwhelmed if the nurse had not recognized that she was having major anxiety before her surgery.

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

-From what I have learned, the medication bundle is a tradition held in Native Americans. A medicine bundle is a bag of things that have a spiritual significance to the owner of the bundle. The bundle is supposed to protect and give spiritual powers to the owner. The owner of the bundle should be the only one who keeps and uses it. This would explain why it was so important for Linda to have it prior to her surgery, because she wanted the protection that comes from her bundle.

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

-Other than the primary care team, I think Linda's support person, her cousin, should be involved in her care. Linda made it clear that her cousin was an important person to her and she wanted her to be there throughout the scenario. I think we should also include a medicine man/shaman to help with Linda's rituals and what not. A chaplain could be of help as well if the patient wanted one there.

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

-I think the most therapeutic communication technique for Linda's situation would be active listening. Active listening would include being open and welcoming to the patient. Facing the patient, getting to eye level, retaining what the patient has to say, and responding when the time is right. It would also help to use open-ended questions and possibly the use of silence to help the patient work through the problem.

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.

-The knowledge and skills that I learned from the Linda Waterfall scenario can be used in my nursing career with real life patients. I learned how to communicate and respond to a patient that was dealing with major anxiety and that will help me when I have a real patient in that situation. I also learned so much more about the Native American tradition of medicine bundles and what they mean to the patient. That will definitely help me in my nursing career if I were to have a Native American patient. Mostly every patient that comes into the hospital will deal with some anxiety and fear so I think this scenario will help me in the future on how to give the best care to those patients.

* *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:*
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