

Mental Health Case: Randy Adams

Guided Reflection Questions

Opening Questions

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

-The simulated experience of Randy Adams made me feel sad for him honestly. As the simulated nurse I could tell that he had been through a lot and was struggling from it. I did the other scenario first so I knew how to navigate throughout the scenario better. I feel like I learned more about how much PTSD can affect a person's life.

Talk about what went well in the scenario.

-I think the scenario went very well altogether. I feel like my communication with the patient was effective and therapeutic in the scenario. I learned and performed a lot of new assessment tools including the MiniCog assessment, primary care PTSD screening, and the ACE form tool. I assessed all of the patient's vital signs and symptoms. The wife was included in all of the care and things went well.

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

-Reflecting on Randy Adams's scenario, I would have reviewed his previous assessment results before I performed more. In doing so, I could have known immediately if he had been improving or not and which parts of the assessments he was struggling with. I would also split up some of the questions instead of asking them all back to back. I think if I would have done that, it would be easier for the patient to focus on what I was saying.

Scenario Analysis Questions*

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

-If Randy Adams kept taking his sumatriptan succinate, his symptoms could increase and worsen. Randy's headache could come back and he could be more sensitive to light and noise. Taking too much of the sumatriptan succinate can slow the heart rate and cause fainting. There is also a danger of developing serotonin syndrome if he were to keep taking the sumatriptan succinate.

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

-There are several different support groups and resources that I think would benefit Randy and his family. I think a great resource would be psychotherapy either as a family or individually. Another resource is peer support groups related to the PTSD diagnosis. This could help them reduce their symptoms and feel better overall. There are also many websites and hotlines that you can find on the internet that could be useful for any information Randy and his family needed.

I What benefit services are available for veterans with PTSD?

-Veterans with PTSD receive benefits such as healthcare, counseling, and VA disability compensation. For healthcare, the VA offers mental health assessments to determine if someone has PTSD. They can also get medications and outpatient treatment through this healthcare benefit. Several different types of therapy are offered like group therapy, psychotherapy, family therapy, etc.

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

-Randy Adams' wife needs to be educated on caring for him in a few different ways. She should be taught about the medications and their side effects. She should be told to call Randy's doctor at any time if they have questions or concerns about his condition. I would also teach her that it is good to get help and support if needed so she does not get overwhelmed as a caregiver. She should be taught about how to handle the symptoms of a partner with PTSD.

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 will definitely apply the skills and knowledge I gained from the Randy Adams scenario in the future. I learned so much about PTSD and how much fear and anxiety comes along with it. Learning that makes me feel like I will be able to communicate with future patients struggling with PTSD in a more therapeutic way. I also learned how to be patient with a patient who has a concussion and to understand more about how they are feeling.

* *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/>*