

Covenant School of Nursing Reflection- Week 2

<p>Step 1 Description During my time in SIM, I was the nurse for an individual who was diagnosed with lung cancer and hypokalemia. While preparing for our SIM we tried to make a plan of how we were going to prioritize our time with our patient, and our main focus was the lung cancer itself. This patient was facing challenges with ongoing nausea and vomiting. We soon learned that making a plan and prioritizing doesn't always work the way you think it will prior to walking into a patient's room. One thing that nursing school keeps reminding us of things change quickly as a nurse. You can be just checking on a patient and introducing yourself to a patient to begin your day and things turn. My partner and I had it in our mind that we will stabilize and aid with nausea after we took vitals, but a quickly fading patient showed us that the plan had changed. We changed our plan once we eventually figured out that the patient was also having heart palpitations due to low potassium. It is essential to be ready for these changes in real life and I enjoyed having these challenges because it made me critically think and feel the nervousness of a nurse. I learned that with situations causing nervousness that you quickly forget things, like unclamping the medication.</p>	<p>Step 4 Analysis In previous modules we have been repeatedly told that a patient's situation can change quickly and any plan that you have for their care quickly goes out the window. We have reviewed in our hours of theory about cancer and hypokalemia but being face with a simulated situation where you have to critically think out what to do and what illness are you seeing unfold is different. We have also been told a million times to not just memorize the theory information. Instructors have told us that you need to hold on to it and use over and over and over again. I felt these words in our SIM this week. I am able to pass tests and even excel at theory but being able to recall the information that you have learned later on for a SIM situation or real-life situation is challenging. I can tell you what hypokalemia means but when I was faced with just seeing the symptoms, I had to really process what to do next. I discussed with peers of mine how they felt during their SIM, and they appreciated the challenge and the need to critically think. They too were challenged and put what we have learned in class to a simulated situation. The broader issue that can arise is the inability to quickly critically think for a patient, and them not getting the much-needed care they need.</p>
<p>Step 2 Feelings There was an array of emotion that were experienced during my time in SIM this week. I felt focused, anxious, panicked, lost, etc. At the beginning of the SIM, I laid out a plan with my partner, so I wasn't feeling too pressured or nervous. That soon changed as our SIM patient began to experience symptoms that we were not able to recognize. I felt my anxiety heighten and my mind race to figure this patient's needs. We ran into different obstacles during our SIM, but the great news is we finished. I didn't get so anxious that I couldn't complete the task. I really appreciated the support of my peers as they recognized the pressure we were under and although we struggled greatly, they helped us focus on the things that we did correctly. I actually loved making all the mistakes that my partner and I did because it was a great learning experience for CPE and real-life situations that may arise. I am very use to walking into a SIM situation and just walking through the steps, this is my first time in SIM were things changed and I had to use all of those skills I have learned and critically think. The most important feeling I experienced this week was completion. I completed the task even though it was full of mistakes.</p>	<p>Step 5 Conclusion I feel I could have made the situation better by doing more research for my patient. I focused too much on one diagnosis and did not properly educate myself on the other one. I looked into lung cancer and the nausea and vomiting but did not focus on the other diagnosis of hypokalemia. I was reminded in the scenario that hypokalemia is threatening to the patient and that potassium is essential to the functioning of the heart. I believed that we were supported by our peers and our instructor. They helped us to process the situation and identify areas of strength and areas that need to be improvement. The biggest take away from this situation is that even though you are under pressure you need to critically think and ensure that you have completed all tasks. My partner and I missed unclamping the medication and ensuring the medication was running properly. This medication error in a real-life situation would have placed our patient in greater danger. I am glad that I made this mistake because it helps to engrain it in my mind that you must always check the medication running in the IV.</p>
<p>Step 3 Evaluation This event was good in the sense that we were challenged in SIM unlike we had been in the past. We are familiar with SIM lab, but in a sense that things are "stable" with our patients. This experience was very helpful, and the challenges help our minds process more real-life situations. There was nothing that was bad about this experience. I often find myself in the mist of making mistakes to feel truly bad about myself. I internalize the mistakes I have made. I see how far I have come in the past several modules, because I had a mature response to this situation. I took this as a learning process and mistakes sometimes are the best way to learn. I did not shed a tear or let it affect the rest of my day. I saw this experience as a place for growth. This situation was difficult for my partner and I but difficulty is good in my opinion. We need things to be difficult to truly learn. Things being easy and "stable" does not help us to critically think medical situations as we need to. I did expect a different outcome with the patient in this scenario, but things going not as planned is exactly how we need it to be, because that is real life in nursing. A lot of things went wrong with our scenario, but we learned and processed the proper way to manage situations that will definitely help us in the future.</p>	<p>Step 6 Action Plan My feelings about SIM this week are good. I enjoyed My time with Mrs. Nesbitt and my peers. I enjoyed different scenarios playing out in front of me and also participating in them. I learned the following lessons: breathe more- deep and slow to help me slow my racing thoughts, better prepare yourself by looking at all the diagnosis involved, stop doubting yourself and your gut, and always make sure the IV is unclamped and running as it should. I will definitely apply the knowledge that I gained in SIM this week. I will remember it's about prioritizing for the patient's needs, and your only plan is to do what is important for the patient first. I will remember what hypoglycemia symptoms look like for a patient, recall SBAR essentials, note the danger of hypokalemia to the patient's heart, learn that multitasking and being a quick thinker are essential and teamwork is the dream work. It is always a good reminder that you are not alone in nursing. You can always use that handy Vocera and your charge nurse to help you process challenging situations in nursing. I will absolutely use this experience in the future with patients, in SIM and with CPE. I was a very useful learning experience for me, and I believe my peers agree. We all said that we wish we could do this SIM more than just this week because we felt it was a great learning experience.</p>