

## Guided Reflection Questions for Medical Case 2: Jennifer Hoffman

### Opening Questions

How did the scenario make you feel?

- I was very eager to know if she was wheezing because of an allergic reaction or due to asthma. I was also eager to go through the scenario and use critical thinking.

### Scenario Analysis Questions\*

**PCC** What assessment findings would indicate that the patient's condition is worsening?

- One of the findings would include O<sub>2</sub> saturations worsening and going low. Also, respiration rate will be high, heart rate will be high, blood pressure will be high, cyanosis of the lips, loss of consciousness, and wheezing will be included as well.

**PCC** When a patient develops a rapid onset of shortness of breath, what are the nurse's immediate priorities?

- One immediate priority would be that the patient is sitting upright and making sure they have an open airway with nothing obstructing it. Also, administering any oxygen.

**PCC/I** Review Jennifer Hoffman's laboratory results. Identify which results are abnormal and discuss how this relates to her clinical presentation and the disease process.

- Jennifer's oxygen saturations were abnormally low below the 80's. Due to this, Jennifer was having a restricted airway due to asthma and not allowing good gas exchange. Also, her heart rate was tachy because the heart is trying to beat faster due to low oxygen.

### Concluding Questions

What communication techniques are important for an extremely anxious patient who is having difficulty breathing?

- Being patient and calm will help greatly. Also, teaching the patient will help along with explaining what is going on and how you will treat them.

What patient teaching priorities would be important for the patient who has experienced an acute exacerbation of asthma?

- One teaching priority will be medication importance and what to do in the future when an asthma attack happens.

What discharge instructions regarding home medications would you provide the patient related to medications to use to alleviate symptoms of an acute asthma attack?

- One would be how to take the medication properly; for example: How to inhale the medication, possibly using a spacer, and any signs and symptoms to look out for. Another would be the teach back method to make sure the patient can administer the medication properly. Lastly, I would teach to have the medication ready to go just in case another attack occurs along with having a plan.

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What resources would you recommend for the patient experiencing asthma?

- I would provide them any pamphlets that the health care facility will carry. Also, recommend them CDC.gov for more information.

What is the importance of the asthma action plan in managing the care of a patient with asthma?

- The importance is having a plan that way there will be no hiccups or any time lost when it comes to managing asthma. Also, the patient will be able to get it under control faster.

What would you do differently if you were to repeat this scenario? How would your patient care change?

- If I was to repeat the scenario, I would have left the ipratropium on longer than I did to make sure the patient gets every bit of it.