

Guided Reflection Questions for Medical Case 2: Jennifer Hoffman

Opening Questions

How did the scenario make you feel?

I was a little nervous and anxious once I seen the patient's status. I could hear and see the difficulty breathing she was having. I felt my adrenaline kick in once I seen her oxygen saturation. I wanted to just start oxygen and giving the ordered medications, but I knew I needed to assess the patient and obtain vital signs first.

Scenario Analysis Questions*

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

The patients breathing pattern would change and her LOC. I would see a decrease in O2. As a late sign she would become bradycardia.

PCC When a patient develops a rapid onset of shortness of breath, what are the nurse's immediate priorities? **The main concern is the patient's airway. I would make sure the head of bed is elevated, no airway obstruction. If not on oxygen apply the proper form of oxygen therapy. Reassess vitals and look for any changes that could have caused the sudden change.**

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.

There were no labs in the chart only in the post quiz which stated her ABGs. The patient had normal ABGS initially but turned into Respiratory Acidosis.

Concluding Questions

What communication techniques are important for an extremely anxious patient who is having difficulty breathing? **Reassure the patient and make sure to use a calm relaxing voice. I would explain everything I am doing before and during. I would try to help calm the patient down with comfort measures by holding the patient's hand and answering any questions the patient may have.**

What patient teaching priorities would be important for the patient who has experienced an acute exacerbation of asthma? **Teaching about avoiding possible triggers for her asthma as well as medication compliance. What to do for in the case of an asthma attack. Do a teach back on her medications to make sure the patient knows how to properly use her medications.**

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

Stress the importance of medication compliance. Discuss follow up treatment with her healthcare provider or possible referral to an allergist to discuss maybe changing medications or adding a rescue inhaler. Finding her triggers and avoiding them. Patient states she does not smoke, I would advise to be aware of public places that allow smoking.

What resources would you recommend for the patient experiencing asthma?

Find a local asthma support group she can gain educational support from. Seeing an allergist to see if there are any triggers, they can pinpoint with allergy testing.

What is the importance of the asthma action plan in managing the care of a patient with asthma? **It gives you an individualized guidance for your patient to help control their asthma. It provides the action plan with the proper steps to take and when to notify the provider if the patient does not improve with the plan of action.**

What would you do differently if you were to repeat this scenario? How would your patient care change? **I would assess the vitals first and apply the pulse ox and heart monitoring quickly and apply the proper oxygen. The first time I had the flow set to low.**

** 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/>*