Meagan Britt
November 2, 2022

Guided Reflection Questions for Medical Case 2: Jennifer Hoffman

Opening Questions

How did the scenario make you feel?

A little nervous when I first saw her and her SpO2, but I made sure to complete my assessment, checked off all the doctor's orders, then monitored her to ensure she improved.

Scenario Analysis Questions*

PCC   What assessment findings would indicate that the patient's condition is worsening?
Absent breath sounds, SpO2 <72%, increased respiratory rate, pulse pressure widens, decrease in LOC, patient is no longer responsive, and cyanosis.

PCC   When a patient develops a rapid onset of shortness of breath, what are the nurse's immediate priorities?
Sit the patient up, assess airway, administer oxygen, assess the patients' vital signs and auscultate the lungs and heart, then administer any medications that have been ordered to help the patient.

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 first set of labs were within normal ABGs, but her second set of labs showed Respiratory Acidosis and mild hypoxemia.

Concluding Questions

What communication techniques are important for an extremely anxious patient who is having difficulty breathing?
Speak in a calm, slow voice as you educate the patient on what is going on and the plan of care. Ensure to utilize patience and active skills while assessing this patient.
Medication/Educational handouts may be useful, as the patient may not remember everything later due to the anxiety.

What patient teaching priorities would be important for the patient who has experienced an acute exacerbation of asthma?
Explain that asthma is a chronic inflammatory condition of the airways that leads to overreactive airways, swelling of the mucosa, and mucus production. This causes symptoms such as coughing, wheezing, difficulty breathing and chest tightness. An asthma attack, or when asthma is exacerbated, can be triggered by exercise, extremes in temperature, strong odors, allergens, hormones, medications, respiratory tract infections, and GERD. It is important to avoid any triggers that worsen your asthma symptoms.

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

I would review their asthma action plan, what medications they are prescribed and when to take each one. Ensure to take their maintenance inhaler daily, as prescribed, even is symptoms begin to improve; the medication can take up to three weeks to reach its full effect. Check their peak flow readings three times a day and compare results to their action plan. Teach that only their rescue inhaler will be able to reverse an active asthma attack, do not take maintenance inhaler.

What resources would you recommend for the patient experiencing asthma?
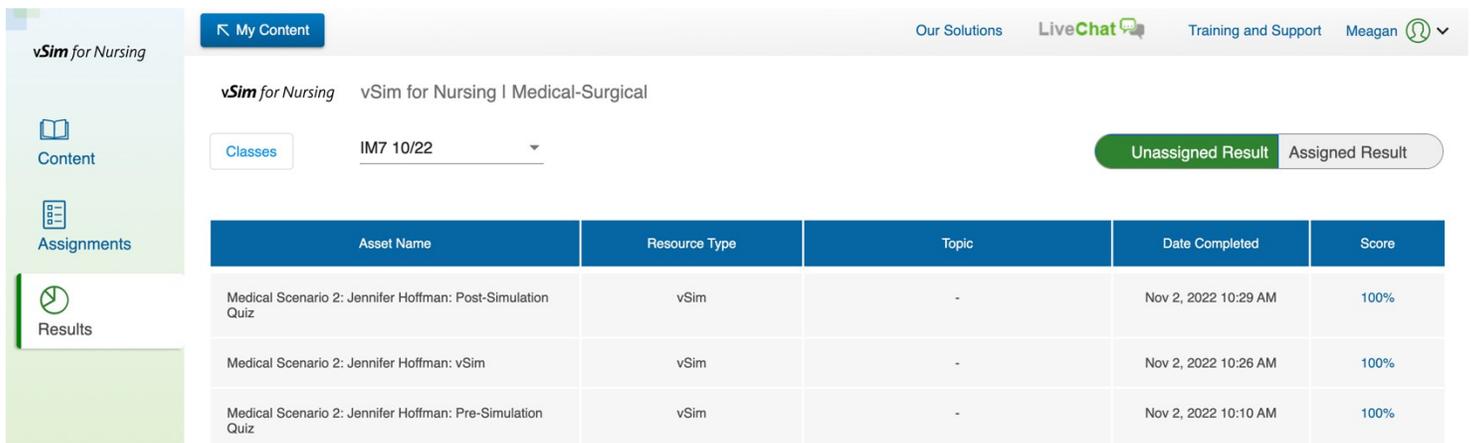
Provide educational handouts on the condition and medications/when to use them. Supply a peak flow meter, spacer, and written action plan. Recommend that they be referred to an allergy clinic for testing so that they can identify their triggers.

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

I feel that an action plan gets everyone on the same page. I provides not only us with an outline of how we want to go about our care but also provides the patients with a resource to look at and interact in their care.

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

I didn't see a peak flow assessment during the simulation, but I would make sure to on the floor. Also, I know we should monitor blood glucose when a patient is on corticosteroids, but there weren't any doctor's orders, so I didn't get a baseline. Another thing missing was the ABGs, unless I wasn't looking in the right place, I only saw questions about them in the pre/post quizzes, so I would want to ensure that I have those in a real care setting.

Asset Name	Resource Type	Topic	Date Completed	Score
Medical Scenario 2: Jennifer Hoffman: Post-Simulation Quiz	vSim	-	Nov 2, 2022 10:29 AM	100%
Medical Scenario 2: Jennifer Hoffman: vSim	vSim	-	Nov 2, 2022 10:26 AM	100%
Medical Scenario 2: Jennifer Hoffman: Pre-Simulation Quiz	vSim	-	Nov 2, 2022 10:10 AM	100%