

Mental Health Case: Randy Adams

Guided Reflection Questions

Opening Questions

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

1. The simulation made me feel sad for him that he was experiencing these side effects. To hear he could not help Joy with the kids when they would cry is tough. I felt sad for the kids that they have to see their dad go through this and their feelings. I can only imagine the stress the wife is going through as a result of his PTSD. She is having to emotionally be there for both the kids and husband. I was happy he was opening up and answering the questions that needed to be asked.

Talk about what went well in the scenario.

2. The things that went well were how he was answering the questions. I was able to ask certain detailed questions to see how he is dealing with the situation and feeling. He was open to answer questions he would rather avoid such as the war. Randy was competent for the most part and he was self-aware of the situation. The interaction between the patient's response and what the nurse had to say was well. There was a lot of therapeutic communication being used.

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

3. For the most part no. I asked the questions that needed to be asked. I would have asked more personal questions on how is doing today mentally and the wife. These would have helped to get a better understand of where he was at in the moment. Even doing a neuro assessment at the time. Assessments could always change and rapidly at that. I did see he was aggravated by the light and a lot of questions so I tried going in there and just getting what I needed.

Scenario Analysis Questions*

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

4. This medication was not treating his migraines. If Randy would have kept taking this medication especially with an antidepressant or another migraine medication there could have been a serious drug reaction such as seizures. This medication causes drowsiness so this could have been a reason he feels as if he doesn't need sleep at night because he's resting throughout the day.

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

5. A support group for Randy will be very beneficial. He needs a support group that is for veterans especially who have gone through war. He will be able to share his feelings more and feel as if

he is not alone. Nobody will understand what he is going through than those people. His family needs a support group that includes other families who have someone going through PTSD. This would allow them to lean on each other and express their feelings. The best support groups are the ones who are in or have been in your shoes.

I What benefit services are available for veterans with PTSD?

6. The Veterans Administration provides veterans with screening and treatment for PTSD. They also offer healthcare, therapies, counseling, preventative services, support groups, and financial help. The VA is dedicated to helping veterans by offering them a lot of services. This is very helpful because a lot of them come back physically or mentally unstable from war.

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

7. The discharge teaching needs to include the symptoms of PTSD his wife needs to look out for. The symptoms we would tell her to watch for are: flashbacks, anxiety, hypervigilance, and substance abuse. She also needs to be taught how to make her home safer for Randy. He is at risk to harm himself or others. These include locking the medicine cabinets and firearms. As well as not buying alcohol. Diming the lights and reducing loud noises if possible.

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 would for sure decrease the stimulants in his environment as best as I could. I would get to know him and build that trust between us. I would want him as comfortable as he can be during the time. In order to provide the best care Randy needs to be honest in his answers. This allows me to figure out the best care plan. His safety is another thing that I would make a priority. As well as his emotional well-being. Asking him questions to know how he feels could prevent events such as self-harm or harming others.

* 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/>