

Guided Reflection Questions for Medical Case 2: Jennifer Hoffman

Opening Questions

How did the scenario make you feel?

This scenario made me feel confident in my ability to follow orders and provide the best care for my patient. I believe I learned things that will improve my practice especially when providing care for asthmatic patients.

Scenario Analysis Questions*

- PCC** What assessment findings would indicate that the patient's condition is worsening?
If the patient's O2 saturation dropped rapidly, if the respiration rate increased, if the patient's lips began to turn blue, use of accessory muscles, nasal flaring, and if the patient's audible wheezing was getting louder.
- PCC** When a patient develops a rapid onset of shortness of breath, what are the nurse's immediate priorities?
If the patient is laying down sit them up to high fowler's, ask the patient to turn cough and deep breath, monitor o2 saturation, administer oxygen as needed, monitor respiration rate for increased respirations, and assess the work of breathing (use of accessory muscles, retractions, fatigue).
- 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 lab results for this patient. I assessed her vitals and planned my care according to the vital signs I got. She appeared to be in respiratory distress from my findings.

Concluding Questions

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

Remaining calm and decreasing stimuli to reduce any added anxiety for the patient. Keep the patient informed as the care progresses to ease any anxiety about her condition. Explain what you are doing before you do it and during, so the patient has a better idea and less anxiousness from anticipation of unknown procedures.

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

What to do if the patient experiences an asthma attack. Educate the patient to always have their medication on hand, avoid triggers that would exacerbate their symptoms. Discourage smoking/vaping due to impaired airways. Provide support group resources as needed.

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

Advise the patient to take the medication as prescribed. Teach the patient proper inhaler use and have the patient demonstrate/teach back. Educate the patient on the adverse effects of bronchodilators (tachycardia, nervousness, palpitations). Educate the patient on rinsing out mouth after inhaler use to prevent thrush.

What resources would you recommend for the patient experiencing asthma?

I would recommend scheduling an appointment with a pulmonologist for follow up of current treatment plans. I would also recommend counseling session to discuss triggers that cause exacerbation. If the patient cannot afford the medication, I would assign a case manager for drug cost assistance.

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

The asthma action plan is important in managing care because it helps the patient manage their asthma. This can prevent exacerbations if followed properly.

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

If I were to do this simulation again, I would administer more oxygen when I noticed my patients O₂ had dropped so low it would be better to administer more oxygen and then wean as indicated. I administered 6L/min when I should have started with 10L/min to ensure proper oxygenation as soon as possible.

** 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/>*