

Reflective Question Assignments

Scenario 3: Dehydration

- 1) List in order of priority your initial nursing actions identified for Eva Madison based on physical findings and family interaction.
 - a. I would do vital signs first to get a baseline of where she is at.
 - b. Do an assessment of mucous membranes, skin turgor, UA, & labs to see what is going on.
 - c. Administer fluids based on orders after communicating with the doctor to see what we need to do.
 - d. Reassess after fluids are given.
- 2) What complications might Eva Madison face if her symptoms are not recognized and treated in a timely manner?
 - a. Eva could go into organ failure because all of her organs are going to try to compensate too much
 - b. Kidney function – increase risk for kidney stones
 - c. Could cause brain cells to shrink in size & mass – lack of mental clarity (brain fog)
 - d. Heat exhaustion, heat cramps & heat stroke
 - e. BP can drop & decrease vital flow to kidneys – organ failure (mainly kidneys)
- 3) What measures should be initiated to decrease anxiety in Eva Madison's mother while simultaneously caring for Eva?
 - a. Reassurance & education
 - b. Including her mom in the plan of care & letting her help as much as she can
 - c. Allowing her to console her as much as she wants
 - d. Teach her s/s to look for to see if she is improving or declining
- 4) Reflecting on Eva Madison's case, were there any actions you would do differently? If so, what were these actions, and why would you do them differently?
 - a. I would assess her mucous membranes sooner than I did because dry mucous membranes are a huge sign of dehydration
 - b. I would also ask the mom more questions about what has been going on & how she is doing with fluids; if she is keeping fluids/food down or not
 - i. That would be a good indicator of how dehydrated she is without running labs or doing a UA
- 5) Describe how you would apply the knowledge and skills you obtained in Eva Madison's case to an actual patient care situation.
 - a. I would apply the knowledge & skills I learned throughout this case to an actual patient care situation by taking the time to slow down & really assess the patient & also getting a lot of information from the parent. Parents are a really huge tool assisting with what is going on because they are the ones caring for the child most of the time. The child is younger so she can't really tell me a lot of

information. Every step that I took in the vSIM is vital in dealing with dehydration. This helped me actually think things through more thoroughly because I had time to think before acting on a certain decision. Now I am able to give better care when I am actually in this situation at the hospital with a real patient. I will be more cool, calm, & collected, which minimizes the risk of me increasing everyone's anxiety level.