

Guided Reflection Questions for Medical Case 2: Jennifer Hoffman

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Opening Questions

How did the scenario make you feel?

During this scenario, I felt nervous yet confident in my abilities to care for this patient. After assessing the patient, and following the orders provided, I was able to successfully care for and fix the issues the patient was experiencing.

Scenario Analysis Questions*

PCC What assessment findings would indicate that the patient's condition is worsening?
Some assessment findings that would indicate that the patient's condition is getting worse would be if the oxygen that was applied did not improve the patient's condition, and/or if the patient began to become confused, unresponsive, or experienced a loss of consciousness.

PCC When a patient develops a rapid onset of shortness of breath, what are the nurse's immediate priorities?
The nurse's immediate priorities should be the patient's airway. The nurse should make sure the airway is not obstructed and that it is clear. After ensuring the patient has an adequate airway, the nurse can then look for other factors that could have contributed to the shortness of breath. The nurse should also monitor the O2 level of the patient by applying a continuous pulse ox.

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.
During this scenario, I did not review any lab results for this patient. I was more concerned with the patient's vital signs and oxygen levels. By focusing on the patient's vitals and overall appearance and assessment over the lab results, I was able to fix and assess the problem that the patient was experiencing at that very moment in time.

Concluding Questions

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

One of the most important communication techniques for an extremely anxious patient who is experiencing difficulty breathing is to remain calm and use a soft voice. Explaining to the patient everything that is going on, including procedures and medications being administered, can also be beneficial in easing the patient's anxiety.

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

Teaching the patient the importance of preventing things that can trigger an acute exacerbation of asthma is an important aspect of patient teaching. Ensuring the patient

has the right medications and teaching them how and when to use these medications is important to teach the patient as well. The nurse should also stress the importance of not smoking, in order to prevent these exacerbations.

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

Discharge instructions that I would provide to this patient regarding home medications would be when to use them and how to use them. I would also teach them signs and symptoms of an acute asthma exacerbation developing, and what medications to use regarding these symptoms, and how to use the medications to prevent/stop the exacerbation.

What resources would you recommend for the patient experiencing asthma?

I would recommend the patient to identify her triggers, and avoid them to avoid having more exacerbations. I would also recommend that this patient have a follow-up appointment with a specialist for her acute asthma exacerbations such as a pulmonologist.

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

The importance of the asthma action plan for a patient with asthma is to ensure the patient has adequate resources and knowledge to prevent and treat the exacerbation if it occurs. It is very important to ensure the patient knows what to do, how to use the medications, and ensure the patient has the medications needed for the exacerbation of asthma.

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

If I were to redo this scenario, I would ask my patient about her allergies before administering her medication. I would also reassess her lung sounds and redo a respiratory assessment. Other than the things I missed, I feel like I was successful in providing care to my patient in an effective manner.

** 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/>*