

Anxiety/Spiritual Distress

1. Which findings from the **present problem** are **most important** and noticed by the nurse as clinically significant?

Most Important Findings	Clinical Significance
77 year old Had an emergency CABG Lost over 1000 ml of blood Almost died	<ul style="list-style-type: none"> The older we get the more difficult it becomes for our bodies to heal & bounce back from anything medical, especially surgery open heart surgery — a BKA surgery for anyone at any age Average adult has anywhere from 4,500 - 5,700 ml of blood in their body. So a loss of 1,000 is a significant loss This can scare anyone & really cause someone to question or re-evaluate their life

2. Which data from the **social history** is **most important** and noticed by the nurse as clinically significant?

Most Important Findings	Clinical Significance
Wife died 6 mo. ago Lives alone on 4th floor Vietnam war veteran Doesn't have social connections w/ his wife Has been very isolated since wife's death Frustrated w/ technology	<ul style="list-style-type: none"> He's having to adjust to a life w/o her after 30 yrs. There's a lot of grief & adjustment that comes w/ a loss so great could struggle w/ the stairs. something could happen w/o anyone knowing PTSD can follow any war veteran Although it may feel beneficial to be alone, it won't help him in his grieving or healing process. could significantly worsen depression/anxiety He has no way of connecting w/ the outside world

3. What findings identify **economic and/or social conditions** that can adversely impact the patient's physical health, well-being, and quality of life?

Most Important Findings	Clinical Significance
Has been socially isolating since his wife died Doesn't have many social activities Most social connections were through his wife	<ul style="list-style-type: none"> Isolating oneself while grieving & learning a new way of life just further allows us to sit in our misery. It doesn't allow us to have or find anything positive to look toward.

4. Which findings from the **contextual factors** are **most important** and noticed by the nurse as clinically significant?

Most Important Findings	Clinical Significance
Worked w/ pt when he was most critical Provided pt w/ rosary Recently been personally struggling w/ own spirituality	<ul style="list-style-type: none"> may cause pt to feel most safe or comforted by you than anyone else Brings up spiritual connection/discussion may cause difficulty when discussing spirituality w/ pt

Practice Dilemma

5. Which findings are **most important** and noticed by the nurse as clinically significant?

Most Important Findings	Clinical Significance
States he is anxious & feels like he's having a panic attack — never felt before States when he was in Vietnam, he had friends die in front of him & he killed people. Struggles to see how a God could will those things to happen	<ul style="list-style-type: none"> Since he's never experienced this, it's likely going to cause an even more heightened sense of fear/anxiety He's having difficulty seeing positives. Questioning whether he can be forgiven for what he's done can cause more anxiety & interfere w/ his ability to properly heal from his CABG

6. To provide **compassionate, holistic care** for this patient, answer the following questions.

What is the patient likely experiencing/feeling right now in this situation?	Feelings of guilt, shame & doubt. Questioning his worth based on actions from his past. May be angry. He just had a near death experience, so he's now thinking more about death & what might happen to him when he does die based on what he's done in his life.
What can you do to engage yourself with this patient's experience and show that they matter to you as a person?	Let them know that although you may not know exactly what they're going through, that you see them and that you're here to listen. Let them know that their feelings are valid & that they have every right to feel what they're feeling in this moment. Ask if they would like to have the Chaplain come visit them.

Resolving the Dilemma

7. What additional information is needed by the nurse to clarify and identify the current practice dilemma?

Additional Information	Rationale
Does the pt want spiritual services involved in his care (Chaplain)? Has he ever been saved (baptized, etc.)? Is there anyone he might like called to come visit with him. (Family, loved ones, people from his past)	Having a chaplain come & address his concerns could help alleviate his anxieties. If he had, this could help open/guide the conversation. Talking to certain people from his life could help him have a different perspective.

8. Describe the essence of the current practice dilemma in your own words.

Current Dilemma/Problem
The pt had a near death experience causing them to question where he'll be going when it is actually his time to go (heaven or hell). As the nurse, you've been questioning your spirituality & struggle w/your own beliefs. This causes you to not necessarily feel as confident in providing the pt w/ guidance or a sense of direction because you're just as lost.

9. What aspects of the American Nurses Association (ANA) Code of Ethics can the nurse use to clarify how to best respond to this dilemma?

ANA Code of Ethics	Rationale
"The nurse establishes relationships & delivers nursing services w/respect for human needs & values, w/o prejudice."	As nurses, our job is to provide care for the pt's needs despite ANYTHING we may personally be struggling/dealing with.
"An individual's lifestyle, value system, & religious beliefs should be considered in planning health care with & for each pt."	Although, as the nurse we may be questioning our spirituality, that doesn't mean we need to make our pt aware of that. We're just responsible for getting them the resources they need to help guide them.

10. What additional healthcare team members are needed to collaborate with the nurse to resolve this dilemma?

Healthcare Team Members	Rationale
Charge nurse	Charge nurse could help guide us to finding the resources our patient may benefit from most.
Pastoral care (Chaplain)	Chaplain could not only provide our pt w/ guidance, but us as the nurse w/ guidance as well.
Case management	

11. What nursing priority will guide how the nurse responds to resolve this dilemma? List three priority interventions and the expected outcome.

Nursing Priority	Alleviate pt's anxieties Hopelessness Grieving	
Priority Intervention(s)	Rationale	Expected Outcome
Be physically present w/ the pt & available if & when they want to talk	This will help let them know they're not alone	Help alleviate some anxiety
ASK the pt how you can be most helpful ASK if there's something specific you can do	This can help better guide the plan of care	The pt will feel cared for & seen
If they're comfortable w/ touch, could put your hand on their arm or hold their hand	This provides a more personal experience & really lets the pt know you're there for them	Help the pt feel comfortable w/ their care & expressing their distress

12. What types of therapeutic communication can be used by the nurse to promote the physical and emotional well-being of the patient?

Therapeutic Communication	Rationale
Active listening	This can help the pt know they're being listened to
Open-ended questions	This can help the nurse get more information from the pt
Using silence	This can give the pt time to work through their emotions & better process what they're feeling
Using touch	Can help the pt feel some peace & offer encouragement when they need it the most

13. Which findings are expected if the nursing interventions and therapeutic communication approaches were effective?

Expected Findings
The pt will feel seen and listened to. Their anxieties will hopefully be lessened and they may even feel a better sense of self

Documentation

Write a concise nurse's note to document what was most important in the medical record at the end of your shift.

<p>pt began experiencing anxiety/spiritual distress after their emergency procedure. Pastoral care was consulted and I spent time with the pt actively listening to them and providing them w/ support. Upon leaving the room, their anxieties were lessened. However, they could benefit from continued spiritual care and support throughout their hospital stay.</p>

Nurse Reflection

To strengthen your clinical judgment skills, reflect on your knowledge and the decisions made caring for this patient by answering the reflection questions below.

Reflection Question	Nurse Reflection
As you worked through this simulation, how did it make you feel?	I understood the position of the nurse not exactly knowing what to do or say. Sometimes you won't know what's best to do, but that's okay because that's what our peers & interdisciplinary teams are for
What did you already know and do well on this simulation?	I understood what it feels like to question spirituality & what a scary & disheartening place that can leave you in. I feel I did well figuring out what might be most helpful to the pt, but also to the nurse.
What areas do you need to develop/improve?	Maybe w/ coming up w/ proper interventions quickly enough
What did you learn? How will you apply what was learned to improve patient care?	Pt care isn't linear. You won't always know what to say or do and that's okay. What matters is that you try your best to figure out what might best help that pt. I'll apply this by approaching each new pt w/ an open mind & heart.
Are there systemic or structural issues that impede optimal care that need to be addressed with policies, procedures, or legislation	