

Adriana Mora  
Midterm Reflection  
April 6, 2024

Over the past five shifts in the Pediatric Emergency Department, I have learned many things and have been challenged in many different ways. I have had a very good experience and have seen a wide array of patients. I also have learned how to be more empathetic towards patients and have learned more therapeutic ways to communicate with patients and their families.

One case that stood out to me was a 14-year-old female who had intentionally overdosed on her prescribed anxiety medications. She was transferred to the ER via ambulance. When in route to the ER she had a low blood pressure of 90/50. On my initial assessment, she was A&Ox4 but very lethargic. We administered a fluid bolus of NS in hopes of raising her blood pressure and stabilizing her.

The patient had a very extensive mental health history. She had been to two inpatient psychiatric facilities and had two previous suicide attempts. She had just returned home from a psychiatric facility three weeks before this incident.

Once we stabilized her we called poison control for further instructions on the best ways to treat and monitor her. One of the most challenging parts of caring for this patient was communicating with the parents. The parents expressed their concerns and expressed that they were frustrated because “nothing was working.” They felt as though she had improved immensely over the past 3 weeks and now felt they were moving backward in her progress. It was very important for us as nurses to make the parents feel validated and to keep them updated on her plan of care. It was a great opportunity to practice active listening and to just allow the parents to vent without expressing any of our thoughts. It was also important for us to use therapeutic communication with the patient. We stayed calm to help ease her anxiety and showed her compassion. The patient was still very lethargic and under the influence so we were

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not able to do a psychiatric evaluation to determine our plan of care. She was then transferred to the PICU so they could monitor her kidneys and mental status.

Overall I have really enjoyed my time in the pediatric ER and have learned many different things. I really enjoy getting to see such a wide variety of patients.