Firelands Regional Medical Center School of Nursing
Medical Surgical Nursing
Reflection Journal Directions:

Directions: Provide in-depth, thorough answers to each of the following questions. Answers should be added directly into this document and must be at least 750 words in length. Submit your journal to the dropbox for the appropriate simulation scenario (Scenario #1, Scenario #2) by the Friday following the simulation experience, no later than 2200.

Responding:

Discuss one thing you noticed, how you interpreted it, and how you responded. Do you feel your response was appropriate? Explain.

      As the medication nurse, I listened to the assessment nurse do her head to toe while I was looking through the MAR. As soon as the other nurse started her assessment the patient had verbally stated she was experiencing pain in her leg. I listened to the nurse ask about the pain. I interpreted that the patient may want relief right away and that I should jump in and ask if she would like her pain meds. I first found the medication in the MAR, the patient had morphine ordered that was due NOW. So, I entered the room with the morphine and asked the patient if she was wanting me to administer it for her pain. The patient did want the medication to get relief. I asked the assessment nurse for the vitals that she completed right before I entered the room, and they indicated a fast respiratory rate and heart rate as I suspected. So, I asked her which arm she would prefer, and I administered the morphine through an intramuscular injection as it was ordered. My clinical judgement was effective because I was able to provide some relief to the patient and shortly after we were able to identify that she had compartment syndrome because she did not get full relief of pain after her medication. I was glad I was able to administer medications quickly to my patient in order to make her more comfortable.

(Ex. I noticed the patient was grimacing. I interpreted this to mean my patient was experiencing pain. I responded with a thorough pain assessment, use of guided imagery, and administered acetaminophen 650mg orally. My clinical judgment was effective because…)

Describe your communication with your patient; was it therapeutic and professional? Explain. Provide one example of how you connected with your patient.

      My communication was therapeutic and professional because I used the patients' preferred pronouns and used language that was able to be easily interpreted by the patient. The patient was a transgender and knowing that she preferred to be called she/her is something important to make the patient feel comfortable. When I explained that I was going to hang saline solution I directly told the patient I was going to be administering some fluids through her IV to help maintain hydration. I broke it down into easily understood language to be more professional and not make the patient feel scared. Although most people do know what normal saline is, it is still important to break things down that may seem simple to you. This way you know that you and your patient are on the same page. An example of how I connected with the patient would be when I was explaining what I was doing. This engages the patient and makes them feel more at ease.

Discuss one example of your communication that could use improvement. What did you say? How would you reword this statement? Be specific.

An example of communication that could use improvement would be between me and the doctor. I called the doctor in the simulation, which I have never done before. I said, "Hey Doctor I was wondering if we were going to hold the oral medications for the patient due to her having surgery later". The doctor did reply and let me know that we in fact were holding the medication. I would have reworded this entire statement by first of all introducing myself and directly giving specific information on what patient I was talking about. Also, I would have had gathered more information about the medications not being in the MAR, not just telling the doctor "I think so" when he asked. If I could reword my statement I would have said "Hello Doctor Ammanniti, this is nurse Hailey Giles calling from about Sam Smith in room 3402-1. I am concerned about this patient not receiving any of her oral medications, I did check the chart and saw no orders for administering these medications. I was calling to confirm that we are holding all of her oral medications till after surgery, is this correct?" This message is more professional and provides more information to the doctor about the situation.

Provide an example of collaborative communication you utilized within your team.

An example of collaborative communication within my team was when I asked the assessment nurse to get a second set of vitals 15 minutes after I gave the pain meds. She was waiting for me to hang the saline solution so I thought this would be the perfect time to delegate by using collaborative communication with my team. She was happy to help and assisted me when I needed her. For example, I wanted a second set of eyes on my rates for the IV bags I hung. She was able to look them over and confirm I was correct; I did this for the patient's safety since it was my first time.
An example

Reflecting:
How did your priorities change as the simulation progressed? How did you adjust your nursing care to these new expectations?

Being the medication nurse my priority was gathering information about what all I needed to administer and when. So, I went straight to the MAR and was going to get everything I needed and head into the room. I went ahead and called the doctor about at home medications just to confirm I would not be giving those due to the surgery occurring later that day. Right after I called the doctor and was going to go back in the MAR to finish getting my medications ready, I heard the patients high pain rating and the expression of moaning in her voice. This is where I decided I needed to switch my priority to just pain medication which was her morphine. I adjusted my care to be now more focused on pain management. After administering her IM injection of morphine, I quickly started to gather the rest of the medications and briefly went over in my head some nonpharmacological pain management techniques I could share with the patient. We ended up running out of time because both me and the assessment nurse were very interactive with the patient. So, I did not exactly get to perform this part of care that I wanted to. But my new expectations were to provide pain relief in all ways that I could weather that be medication or techniques like distraction or music.

Write a detailed narrative nurse's note based on your role in the scenario.

Patient reports pain 8/10, moaning when describing the LLE. Focused assessment of the left leg and neurovascular system performed. MAR had orders for IM morphine NOW. Vitals were stable and medication offered for relief and was administered at 0815. Patient reported no pain relief in site at 0830, vital signs re-evaluated. Respiratory rate and heart rate lowered as expected. Re-evaluation of focused assessment included numbness and intense pain. LLE kept at heart level and physician notified.

Use a meme or a word to describe how you felt before, during, and after the simulation scenario (one meme or word for each phase). Why did you choose these pictures or words?

I choose this picture of Kermit the frog because he is expressing a nervous behavior—biting your nails. I was very nervous going into the simulation!

I chose this picture because during the simulation I was trying to remind myself that I have the skills I need to complete the tasks—otherwise we wouldn't be evaluated on it!

I chose this picture because I was so relieved it was over and the official start of spring break! WOOHOO!