

Reflection Journal

Responding:

- **Discuss one thing you noticed, how you interpreted it, and how you responded. Do you feel your response was appropriate? Explain.**
 - During simulation, while performing my head-to-toe assessment I noticed my patient started to cough. Once noticed I immediately asked questions about when the cough started. The cough was onset and the patient hadn't had this cough before surgery. I also noticed that the patient was having labored breathing as well as becoming short of breath. Patients' oxygen stats began to drop into the 80s. I was able to administer 2L of oxygen via nasal cannula and followed up with a call to the physician. My immediate thought was embolism due to the patient's lack of activity post-op and refusal of the SCDs. I believe my response was appropriate because without the oxygen her respiratory stats would continue to drop leading to more problems. Also, I know that patients can decline very quickly due to an embolism and I wanted to catch things before they got worse.
- **Provide an example of collaborative communication you utilized within the scenario (consider interactions with your student nurse partner as well as members of the interdisciplinary team such as lab, the healthcare provider, surgery, PT/OT, radiology, etc.).**
 - I had multiple collaborative conversations throughout the simulation. First, I was able to communicate with the medication nurse effectively to better assist with what pain medications the patient needed. Second, when the patient's condition changed I contacted the physician promptly to inform her of what was going on. I was able to receive new orders that prompted me to have to contact laboratory to collect labs such as d-dimer, troponin, BNP, and ABGs. Lastly, had a communication with radiology to inform them of the stat CT scan that was needed of my patient's chest.
- **Discuss one example of your communication that could use improvement. What did you say? How would you reword this statement? Be specific.**
 - When conversing with the physician over the phone instead of asking about what new orders did she want to implement I could have recommended options based on my assessment and what I thought was going on. I would have reworded my statement by saying "Hello this is Taylor the nurse caring for Sam on 3T. During an assessment, the patient has 2+ pitting edema to rt lower extremity with complaints of 6/10 pain. Surgery was done on the lt lower extremity. Sam has been reluctant to get out of bed post-op and now has a sudden onset cough and oxygen stats have dropped into the 80s. I administered 2L of O2 via nasal cannula. I believe the patient may have suffered DVT that traveled to the lungs we should get a CT scan and follow up with some labs."

Reflecting:

- ***How did you evaluate an intervention you performed? Was the intervention effective and what would you do differently in the future if it was ineffective?***
 - When the patient's oxygen saturation dropped into the 80s. I administered 2L of oxygen via nasal cannula. This was evaluated by using the pulse ox. Once administered the patient's oxygen was at 93 and holding steady. The intervention was effective. In the future, something I would do differently if the intervention wasn't effective would be to increase the amount of o2 delivered, assist the patient to a sitting position to help with lung expansion, and or call a rapid response if needed.
- ***Write a detailed narrative nurse's note based on your role in the scenario.***
 - The patient is a 55 yo female post-op day 1 following ORIF of lt lower tib/fib fracture. History of COPD, HTN, Afib, enlarged prostate, hypercholesterolemia, and 2ppd smoker. She is alert and oriented x3, lungs sounds clear but has onset cough with SOB. Abdomen wnl with active bowel sounds in all 4 quadrants. Last BM 3/1, urinating wnl. Pulses palpable in all extremities. The patient complains of throbbing pain 6/10 in rt lower extremity on assessment rt lower extremity 2+ pitting edema. Patient O2 dropped into the 80s, administered nasal cannula at 2L physician was notified. New orders for morphine 4mg for pain STAT. STAT labs ordered BNP, troponin, ABGs, and d-dimer if elevated administer enoxaparin 1.5mg/kg. STAT spiral CT of the chest shows PE in R upper lobe. Physician notified of recent result and is on the way to see the patient. Patient currently resting in bed.
- ***Reflect on opportunities for improvement. Based on your performance, what steps will you take to help improve your clinical practice in the future?***
 - My performance overall was okay, there's always room for improvement. This could be due to nerves and having faculty watch us during the simulation. I felt communication with my patient went well I was able to educate her on early ambulation, the use of an incentive spirometer, coughing and deep breathing, and the use of SCDs. I missed a few things that I would want to educate on which would be about nutrition and things to eat after surgery and participating with PT/OT to gain strength and some independence back. I performed an assessment thoroughly but at the time felt like there were things I was missing. I didn't feel as confident as I should have considering I felt beforehand that I was well-prepared. It is hard to plan ahead for the next simulation because we don't know exactly what will happen when in the sim lab. I do plan to still read over the objectives, and go over things in the chapter that will happen based on the sim outline we were given. I plan to work on communication techniques more and how to better

educate my patients. I really want to work on my IV skills a bit more I haven't had much practice since our lab and haven't done any IV meds or fluids in clinical this semester just yet.

- **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?**

o 1st: Super nervous before simulation prepared but not knowing what to expect.

o 2nd: "This is fine" I feel I'm doing okay but am I really doing okay?

o 3rd: Simulation is over and I have completed another week of nursing school... YAY spring break ☺

