

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 Edvance360 Dropbox for the appropriate simulation scenario (Scenario #1, Scenario #2) by the Saturday 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.
 - During my assessment, I noticed that my patient was having increased and worse pain in the non-operative leg than was in the operative pain. I also noticed the discoloration and warmth of the leg. I was also aware that my patient was not wearing the SCDs as ordered, has not been ambulating, and has a history of smoking. All of these factors contributed to my interpretation of her possibly having a DVT. The patient then started experiencing shortness of breath. The vital signs showed evidence of possible PE, especially with the sudden shortness of breath, increased heartrate, and drop in the pulse ox. I interpreted this as a possible PE, sat the patient in a high fowlers position applied oxygen via nasal canula and titrated it to a level over 94% for the patient. Additionally, I knew more orders were needed for more testing to confirm my suspicions and I called the provider. The provider gave verbal orders of labs (BNP, D-Dimer, Troponin, ABGs stat), a stat CT (I clarified with contrast), and lovenox for now. The orders were read back to the provider and then they were implemented. I contacted lab, respiratory, and finally CT to get my patient going. I also clarified with CT that they were able to do the contrast with the BUN and creatinine levels. I noticed that my patient was a little upset and I educated her on what the plan was and what was going on in a way to reassure the patient and offered to call her partner for support since the provider was on the way.
- 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.).See above. I contacted the provider for orders and for results, I contacted lab, respiratory, and CT to get those balls rolling to get my patient the definitive care she needed for this PE
- Discuss one example of your communication that could use improvement. What did you say? How would you reword this statement? Be specific. I could have used better communication with my fellow nurse and other members of the team (lab, respiratory, CT, and the provider). In certain emergent situations I tend to get straight to the point and throw formalities out the window like please and thank you. I feel like I need to practice that a bit more.

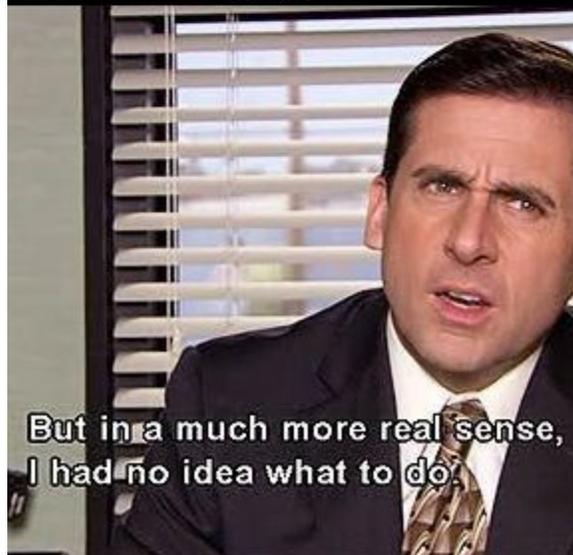
Reflecting:

- 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? An intervention I performed was sitting the patient in high fowlers position and applying oxygen when she was short of breath or having difficulty breathing. I evaluated my intervention by reassessing vital signs and how the patient was presenting and looking. I saw this was effective when the pt was not coughing as much, resp rate came down a bit from 24 to 22 and the SPO2 came up to be above 94% after being down in the mid 80's.
- Write a detailed narrative nurse's note based on your role in the scenario. While completing head to toe assessment, pt verbalized that she was having pain. Upon further assessment, she rated pain in operative leg 4/10 and in nonoperative leg 8/10. she described it as a sharp shooting pain radiating up her leg. The right lower extremity was reddened, tender, and warm to the touch. The patient then began to have a sudden shortness of breath and difficulty breathing. At that point I elevated the head of the bed to a high fowlers position and applied 2 liters of Oxygen via nasal cannula to the patient. I reassessed breathing and vitals and found that her pulse ox was still in the 80's and increased it to 4 liters via nasal cannula. This then brought the patients breathing down, pulse down , and SPO2 up and I was able to call the provider for further orders and an update. The doctor gave verbal orders, which were read back and then implemented by lab, respiratory, and CT. Results came back and pt was reassessed and was made aware that the doctor was on the way in to assess her and discuss results. Pt stated she would let staff know if she wanted her partner called, but declines at this time.
- Reflect on opportunities for improvement. Based on your performance, what steps will you take to help improve your clinical practice in the future? An opportunity to improve would be my communication with other team members. In this scenario I had another nurse taking care of the patient with me (his primary role was medications), but I did not communicate as much information as I could have with him. In real life scenario I would be on my own and so communication wouldn't be as difficult, however once my patient was at a stable point, I would have gone to the charge nurse to let them know about the change in status of my patient and that I had already been in contact with the provider. In the future, I would slow down a bit and include others by communicating better and earlier in a situation.
- 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?

**PRETTY MUCH
EVERY DAY
OF NURSING
SCHOOL...**



And I knew
exactly what to do.



But in a much more real sense,
I had no idea what to do.

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During SIM lab. I choose this because I know what I am doing but really do I? I have a group of people behind a window analyzing every move I make on a not real person (technology can fail) and I'm questioning myself and over thinking things.



- before SIM lab. I choose this because well same girl same. We all be suffering.



33 Funny and Relatable Nursing School Memes - NurseBuff

- after SIM lab. I choose this because I sure do have a count down going, since day one. They say if something is going to happen it happens in nursing school. Yes has always been the case for me and has already happened this time. I can only take things one day/week/semester at a time. Plan for the worst and hope for the best.