

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. Upon admission into the patient's room, I noticed that the patient was moaning. The patient additionally rated their pain at a nine out of ten. The assessment nurse, Emily performed vital signs with blood pressure, and respiratory rate above baseline. Also, the lower left extremity was cyanotic, and as reported the dorsalis pedis pulse on the left side was diminished. Previously reviewed abnormal laboratory results showed an elevated white blood cell count of 11.1, blood urea nitrogen of 40, and a creatinine level of 2.1. This combined with the patient's admitting diagnosis of a complete open oblique fracture of the left tibia and fibula due to a five-foot fall from a ladder while working outside at home. By following the 6 P's; Pain, pressure, paresthesia, pallor, paralysis, and pulselessness, I interpret this to mean that the patient is more than likely experiencing compartment syndrome. I would respond by removing any methods of elevation or cold compresses to the left leg as elevation or cold compresses are not recommended at this time due to vasoconstriction. Review the patient's MAR for pain relief orders and administer the correct dosage as ordered. Also, I would immediately contact the healthcare provider to inform him/her of the patient's change of status.
- 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.). One example of collaborative communication that was utilized during the scenario between Emily and I occurred while setting up the IV pump. Although I was unable to complete the task, Emily came over to assist with the set-up and we listened respectfully to each other's thoughts on the set-up process. We also communicated with one another through the steps to attempt to complete the process. Unfortunately, neither of us had ever seen the "green screen" so we just assumed that we were not in the right place when in fact we were.
- Discuss one example of your communication that could use improvement. What did you say? How would you reword this statement? Be specific. When I asked Emily to verify the dosage of morphine that I was going to administer to the patient, I lacked the ability to listen effectively due to information overload. She paused to think, and I did not pick up on that until after I reflected on the scenario. Instead of hearing her out, I interrupted. In the future, I would ask, Emily would you second verify this Morphine order with me? And then not interrupt. If we did not agree, we could discuss it, and even bring in a third party.

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? I administered Morphine to the patient, and I evaluated that intervention by asking the patient to rate her pain to which she replied remained a nine, although it was clear the medication was ineffective and of no help to the patient by the continued moaning. With the intervention being ineffective, in the future I would offer a therapeutic approach or a distraction method. In addition, even though the health care provider was already contacted and enroute for surgery, I could ask for an increase in pain medication.
- Write a detailed narrative nurse's note based on your role in the scenario. Patient is a 55-year-old female admitted on 03/01/23 for an open complete oblique fracture of the left tibia and fibula from a fall off a ladder five feet in the air. Observed left lower extremity cyanotic, and patient moaning. Patient rated pain 9/10. VS: BP-150/86, P-76, R-22, O2-96% room air, T-97.8. Per patient order Morphine 4mg administered in the left deltoid via IM as ordered for pain. IV to right antecubital patent, no redness observed. Initiated 0.9% Sodium Chloride Solution at 75mL/hr and Ceftriaxone 2g/50mL per healthcare provider orders to right antecubital IV site. Patient tolerating infusion well. Upon follow-up patient continues to report pain nine out of ten. Patient awaiting transport to surgery at this time. Call bell within reach, bed in lowest position and safety alarms in place.
- Reflect on opportunities for improvement. Based on your performance, what steps will you take to help improve your clinical practice in the future? Opportunities for improvement:
 1. Needle length. For a patient that is 6 foot tall and approx. 209lbs. an IM needle length should be 1-1.5in. I knew this however for some reason I just assumed that a subcutaneous needle was what was available. I can improve in the future by not assuming and looking for the IM needle.
 2. Correct dose. I asked for a second verifier. In the future, I can actively listen and take a breathe instead of rushing. Also, check and double check the order. I feel like I should've caught that. In almost 8 years, I have never made a med error. I have prided myself on that.
 3. Length of IM injection time. To be honest, I have never given a morphine IM injection. IM should've tipped me off, but in my mind the possibility of respiratory distress by giving it too fast or the latter a sore arm. I just remembered and it's been ingrained if you don't know 1 minute per mg. Yes, I know that's for IV. I had information overload and didn't want to mess up. It turns out that's exactly what I did. In the future, slow down and think. It's an IM injection.
 4. Infusion Pump. The green screen tripped me up. In the future, I am signing up for the extra lab to make myself aware of the machine and its workings.

Overall, the best way that I can improve is keep practicing and reviewing the information.

- 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?

It sums up simulation for me.

I KNOW I'M ON
THE RIGHT PATH
BECAUSE THINGS
STOPPED
BEING EASY.