

## 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.

I noticed when I did my initial pain assessment when I first met Sam Smith was that she was having 10/10 pain in her lower left leg where her fracture occurred. I decided to skip my head to toe assessment and proceeded to check her leg out and I'm glad I did. I noticed that she had cyanosis of her foot, her foot was cold to touch, and her capillary refill was more than 5 seconds. Her calf was warm to touch and she also had pins and needles in her ankle, and she could not feel that I was touching her foot. I interpreted this to likely mean that it was compartment syndrome. I responded by removing the ice pack she had on as well as removing the pillow she had under her leg because you do not want to do RICE with compartment syndrome because it could increase the pressure within the limb. Her vital signs were Temp. 97.0, pulse 82, BP 120/78, respirations 22, and SpO2 98%. These vital signs are all normal besides the respirations are slightly elevated. I expected her BP to be elevated since she was experiencing so much pain. I also responded by calling the health care provider since this is considered a medical emergency and followed orders that they provided.

- 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 used collaborative communication when I communicated with the HCP about Sam's increasing condition. As soon as I seen the signs of compartment syndrome, I immediately called the doctor to see if there were any new orders or anything I could do to help. The doctor ordered an antibiotic that was needed before surgery and said that the surgery would be moved up within 30 minutes and that we could also administer pain medication to help with her pain. We proceeded to administer the antibiotic so that was she would be ready for surgery when the HCP arrived, and administered 4grams of morphine in hope to relive that 10/10 pain level and make her more comfortable.

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

One example of communication that I could have done better was with the HCP. I believe I could work on doing SBAR better when talking on the phone. I originally said “I have Sam Smith in room 3402 and she is presenting with cyanosis, capillary refill less than 5 seconds, pins and needles, numbness, is there anything you like me to do?” I would reword this statement by saying “Hello, this is Caitlyn a student nurse at Firelands taking care of Sam Smith in room 3402, this patient came in with a complete open oblique fracture to her left tibia and fibula, she is now presenting with signs of compartment syndrome such as cyanosis of her foot, capillary refill more than 5 seconds, her foot is cold to touch, she can not feel when I touch her foot, she has pins and needles in her ankle, her calf is warm to touch. I was just letting you know to see if there is anything that you would like to be done?”

### **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 removing the ice pack from her leg and removing the pillow, preventing the elevation of the leg. This was effective from making the compartment syndrome worse and increasing the pressure in her limb.

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

A detailed nurses note I would have written would be “during my initial assessment, pain was stated to be a 10/10 of the lower leg, foot was cold to touch, cyanotic, and capillary refill was more than 5 seconds, leg was warm to touch, pt. couldn’t feel that I was touching, also had pins and needles. I called the health care provider to let them know about possible compartment syndrome. HCP moved up surgery and prescribed antibiotics to be administered ASAP.”

- 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 for improvement is SBAR, I plan on watching some videos on giving and receiving SBAR and also practicing with friends during clinical to get better with talking to interprofessional of my patients care team. I realized when I had to communicate to the HCP that it is very important to give all the information of SBAR, so they know exactly what patient I’m talking about and the background information that they need to properly diagnose and move forward with new orders.

- 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?

Before – Nervous, I felt nervous because I feel a lot of pressure on myself when in the Simulation room.

During – Foggy, I feel like as soon as I step into the Sim room my brain goes foggy and I forget everything we've learned.

After – Accomplished, I felt accomplished because I realized what my strengths and weaknesses are.