

## Reflection Journal Directions:

**Directions:** Provide in-depth, thorough answers to each of the following questions. Answers should be added directly to 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.

**One thing that I noticed during my first simulation experience is cyanotic discoloration on the limb that was surgically operated on. I interpreted this as post-surgical compartment syndrome. As we've learned in class, post-surgical assessments on a patient are vital to monitor as the occurrence of fat embolisms, DVTs, PEs, sepsis, infected incision sites, and HAIs has a higher prevalence. This can quickly turn into a medical emergency as the wrong intervention and faulty assessment can cause faulty communication in the patient's plan of care all at the patient's expense. With, intervening in cyanotic discoloration takes priority and needs to be communicated to the HCP immediately. I also know that improper temperature therapy application. With this knowledge, I removed the ice pack and pillow from the limb to reduce pressure and vasoconstriction alongside discomfort. I educated the patient on why I was doing this and contacted the provider afterward.**

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

### 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?
- Write a detailed narrative nurse's note based on your role in the scenario.
- Reflect on opportunities for improvement. Based on your performance, what steps will you take to help improve your clinical practice in the future?
- 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?