

## 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 alongside prolonged pillow placement can cause damage to the effected limb. 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. I discussed the status of my patient with the primary care provider and earlier scheduled surgery was ordered. From this, I communicated the order to my patient and notified their partner of the prognosis. I was able to properly prioritize the assessment of my patient, focus on information that needed to be pulled out, and efficiently kept my patient updated on their plan of care. Because of this, I feel that I appropriately responded to the situation.**

- 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.). **An example of collaborative communication that occurred within the scenario is when the patient seemed to stop breathing. Even though this was not part of the script for the scenario, I treated the situation as if it were real. I noticed there was absent breathing patterns and immediately asked my partner what the patient's code status was, as this would determine my next steps. She then communicated that the patient was a full code status and I immediately pulled the CPR lever on the bed to start compressions. If this were a real patient, this efficient communication would have saved a life.**
- Discuss one example of your communication that could use improvement. What did you say? How would you reword this statement? Be specific.

**An example of how my communication could use improvement is comforting the patient during uncertainty. During the simulation, I was attempting to reassure my patient that the surgery was a controlled situation, and that the individuals that they wanted to be contacted were. They started asking specific questions about the surgery that was outside my scope of practice to answer. They asked about losing their limb and if they should be worried and I feel that I could have handled answering the questions better. I couldn't give the patient a straight answer and in doing so, left the patient with more unanswered questions. From this, I've learned to only answer what I can and what is in my scope of practice to avoid leaving my patient confused and anxious as this is the exact opposite of what they should be before a surgery.**

- 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 intervening when noticing symptoms of compartment syndrome. I was able to properly assess this and remove the pillow and ice pack from the affected limb. It was effective because the patient communicated improved tingling and numbness in the effected limb. They also communicated less pressure and pain in the limb. I know that these are part of assessing for compartment syndrome. Because of this, I know that the intervention was effective. If it had been an ineffective out intervention, I would then assess their pain level and check orders for pain medication to be administered. Although with this change of action, I would still contact the health care provider and their partner.**

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

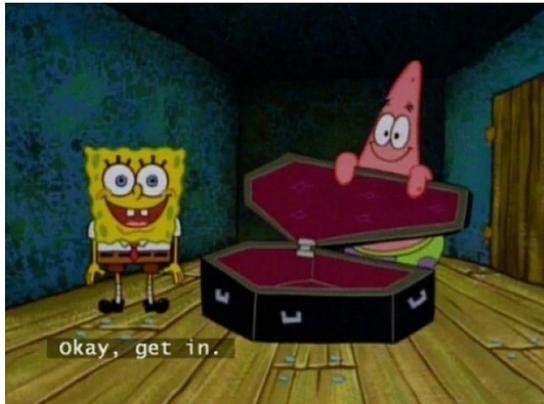
**Upon surgical follow up assessment, the LLE was cyanosis with elements of compartment syndrome including impaired mobility, pallor, and >6 sec. on capillary return. Health care provider and family were notified. Patient stated "pain was an 8" on a pain scale of 0-10. Doctor orders were updated to early surgery slot time within 30 minutes of the phone call. Will continue to monitor. 3/4/23 EL**

- Reflect on opportunities for improvement. Based on your performance, what steps will you take to help improve your clinical practice in the future?

**Some opportunities for improvement would be using clear and concise information when educating my patient, especially understanding my limitations on education. With continued practice, I can gain the skills of using simple information to effectively communicate differing patterns in their plan of care while being aware of what I can or cannot communicate. To achieve this, I can practice educating in front of family members or roleplaying with friends to practice answering curveball questions.**

- 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:**



I choose this meme to describe my feelings before the simulation because it's always intimidating being proctored especially when your performance is for a grade. You don't know always know what you're walking into and how you handle yourself through the stress is being observed too. This aspect always makes me anxious.

**During:**



I picked this meme to describe how I felt during the simulation because the patient stopped breathing and even though I handled the situation appropriately, in my mind I felt severely under pressure and overwhelmed from the stress of being watched.

**After:**



I picked this meme to describe how I felt after the simulation because I felt relieved of not being watched. I was also severely self critiquing afterwards, going though in my mind what I did in the simulation. I was just glad the simulation was over and the pressure was relieved.