

Responding:

- Discuss one thing you noticed, how you interpreted it, and how you responded. Do you feel your response was appropriate? Explain.

The patient had a complete open oblique fracture of the left tibia and fibula pronounced via x-ray, occurring after she fell off of a ladder approximately five feet off the ground. Patient refused to bear weight on the leg and complained of pain. The patient's vitals were altered, and she then later complained of difficulty in movement of the limb and abnormal/no sensation in the lower leg. With this situation, it was appropriate to do a thorough neurovascular assessment which includes assessing pain, pulse, paralysis, pallor, paresthesia, and pressure. Knowing from the original assessment that the patient had pain, pulses were not palpable, movement in the lower limb was altered, there was a loss of sensation, and increased pressure within the lower leg that caused throbbing pain. These assessment findings led me to believe the patient was experiencing compartment syndrome. We responded by removing the pillow from underneath the patient's leg, because elevation only reduces the already impaired blood flow. The patient's socks and ice pack was removed as well. After the initial interventions, the physician was called and SBAR was used to communicate the patient's current situation and what we believed was occurring. I feel that our response was appropriate, as we caught the key signs fairly quickly and responded promptly to the best of our ability.

- 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.).

There was a lot of communication between all members of the healthcare team. Patient symptoms and complaints were promptly communicated between the assessment and medication nurse. When the patient was having pain, the assessment nurse reported it right away so the medication nurse could administer PRN pain medications. When there was information communicated to the assessment nurse for pre or post op orders, this information was also expressed to the medication nurse in order to administer the correct medications for the situation. We bounced ideas off of one another and supported each other throughout the scenario, if either of us felt stuck or unsure we communicated thoroughly. The assessment nurse also communicated with the physician, lab, radiology, and surgery. Communicating with the physician was important to achieve new orders that correlated with the patient's updated condition. Lab and radiology gave us insight on the patient's condition, and checking in with surgery kept us on track of ensuring the pre and post op medications and procedures were correct.

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

I feel that my SBAR technique could use some improvement. I feel that it is a lack of experience with it, since I have not had to use it other than giving report at the end of each clinical and often times the nurse has been involved in the care so they are aware of any information I try to give and often get cut short. When speaking with the physician, areas of the SBAR report were mixed up and even forgotten. For the future, I would ensure I have a better understanding of the order SBAR is given as well as practice in order to feel more comfortable and not miss any information that is needed.

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?

For the compartment syndrome, it was important to remove the pillow that was used for elevation, remove the patient's sock, as well as the ice that was being used. We did all of these interventions, and they were effective so I would not have done anything different in the future. I believe that we did really well with how quickly we recognized the signs and were able to piece together that the patient was experiencing symptoms of compartment syndrome and interventions needed to be used immediately and communication needed to be made with the physician.

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

As the medication nurse: Patient given PRN pain meds as pain was /10. Patient pain was reevaluated and given pre op medications.

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

I feel that a lot of times us students struggle with application. With busy lives, as no excuse, we often times cram information for tests and do not take the extra time to really understand the reason for assessments, and the correlations between symptoms and interventions and conditions. So, it takes some time to process as well as outside advice and teaching in order to be able to understand. At times, I even freeze and feel that I am missing pieces of information and am not quite sure what actions to take. To improve my clinical practice in the future, I will ensure I set aside time to truly understand conditions, their signs and symptoms, as well as the reasoning behind interventions and correlations with other

conditions. I feel that the more we are in clinicals at the hospital, the better I feel with this, being able to apply it to a real life person and not an imaginary patient or scenario.

- 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?



I chose this kermit meme to represent how I felt before simulation because you can visibly see how nervous he is and I was so nervous I thought I was going to puke or pass out, or both.



I chose this spongebob meme to represent how I felt during the simulation because although I seemed calm on the outside, I was 100% panicking on the inside and questioning my every thought and motion hoping that I was doing things correctly.



I chose this meme to represent how I felt after the simulation because after the hour and a half of panic, I was exhausted and so upset with myself that I had to laugh it off and make jokes in order to not cry about how self conscious I felt. I recognized that I needed to make changes in order to improve my performance for the future.