

Firelands Regional Medical Center School of Nursing

Medical Surgical Nursing

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 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 that my patient was a diabetic, who had been NPO due to a GI bleed and NG tube placement. There was 550mL of output in the suction canister, with nausea, vomiting, and bloody stool prior to my care. The O f was complaining of dizziness and a cool clammy feeling, which prompted me to assume they were hypoglycemic. I responded my immediately obtaining a blood sugar, prior to my assessment, because I felt that managing the blood sugar was the top priority. They were in fact hypoglycemic, so my partner and I collaborated on getting their NS solution changed to D5W, in order to bring their blood glucose up. I felt our response was appropriate, and reflecting back, I stand by prioritizing the blood sugar over the abdominal assessment.
- 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 felt my partner and I did an excellent job with collaborative communication. When I noticed the low blood sugar, she called the provider so I could focus on an abdominal assessment. Likewise, when she was administering medication, I was there to support her, and helped her with the process of wasting the medication prior to administering it, to accurately dose the patient. When calling the consult for GI, I felt that I improved on my SBAR reporting compared to last SIM, and was less intimidated by calling the doctor.
- Discuss one example of your communication that could use improvement. What did you say? How would you reword this statement? Be specific.
 - When speaking with the patient, I was a bit awkward bringing up their unstable home life, and the cost of medications. I was a bit nervous bringing up a sensitive topic, and felt I didn't word things properly-almost as if the thoughts in my brain were getting jumbled and mushed when I was trying to speak. I can't remember exactly what I said, I just remember it was kinda awkward. I can improve on this by taking a moment to collect my thoughts and think about what I'm saying before I speak. I'm excited for next semester, because I am hopeful that my therapeutic communication skills will improve.

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?
 - Although the time prohibited re-evaluation of the blood sugar, in debriefing I discussed I would have rechecked the blood sugar shortly after the D5W was hung. If the blood sugar did not improve, I would have called Dr. Dunbar back, and requested an order for glucagon to provide my patient a fast IV sugar.
- Write a detailed narrative nurse's note based on your role in the scenario.
 - Pt reports living in car near the river, without a steady home to stay. Reports not being able to consistently fill home medications due to cost and restrictive income. Upon discharge, agreeable to temporary placement of shelter until they can find work and permanent place to stay. Has requested the assistance of case management for placement in shelter, as well as subsidized insurance for low-income individuals. When education on use of Aspirin states "its just cheaper and what I can afford right now- times are tough". When reflecting on cost of Tylenol compared to Aspirin, pt agreeable to change in pain management.
- Reflect on opportunities for improvement. Based on your performance, what steps will you take to help improve your clinical practice in the future?
 - As discussed in debriefing, we should have done a better job prioritizing the physician orders and hung the D5W prior to administering the pain medication. In the future, I will take a moment to think about the orders and prioritize the importance of each in my head before being so task oriented.
- 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- Going second instead of first this SIM had me more nervous than last SIM. It was extremely nerve wracking watching the first group go, and mentally critiquing what they were doing. Without being rude, some of their mistakes seemed glaringly obvious to me, which made me concerned I would make similar mistakes under the stress of performing.



- o During- I felt a main focus of my SIM concerned the advocacy of my patient, and the empathy of their home situation. Although I didn't have a direct solution, I was there for my patient, and made the referral for services that could help them. I've dealt with similar concerns in the real world at work, and equal access to healthcare and treatment is a topic I'm very passionate about. I know I would need clinical experience first, but I have always been interested in case management-which partially influenced my bachelors program eight years ago.



- o After- I was very proud of my teams performance during SIM. I felt my partner and I worked really well together, and did a better job communicating than we did last SIM. I was really proud of what we did, and although there is always room for improvement, I was extremely happy with our performance. Its always crazy to reflect on the knowledge and growth that's occurred the past semester.

