

Firelands Regional Medical Center School of Nursing

Medical Surgical Nursing

Reflection Journal – Caitlyn Silas

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 diaphoretic, dizzy, had a weak and thready pulse and his heart rate was 111 and blood pressure was 110/63. My first thought was hypoglycemia because he is a type 2 diabetic. The assessment nurse checked his blood sugar, and it was 72. I responded by calling Dr. Dunbar and using SBAR to let her know what is going on and she ordered to hang a bag of Dextrose at 125mL/hr. After letting the dextrose infuse for 10 minutes, we rechecked the blood sugar and it was now at 83 and the patient was no longer complaining of any hypoglycemic symptoms.

- **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 would be when Ronnie, who was the assessment nurse let me know about the patient's pain level so that way I was able to give the correct medication based on the patient's pain. I administered 0.5mL of morphine and that reduced the patient's pain from a 5/10 to a 2/10. I also used collaborative communication by making sure the dose was correct and someone watched me waste the medication that was not going to be given.

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

I believe my SBAR with Dr. Dunbar could have used some improvement. I said "Hello, I have Robert Melena, birthdate 5/11/XX, who came in with a GI bleed but is now diaphoretic, dizzy, has a weak pulse, pulse 111 and blood pressure 110/63, I was thinking he is experiencing hypoglycemia, his blood sugar level is 72 so my recommendation would be hanging a dextrose infusion." I should have introduced myself and asked for what she would like to be done instead of recommending a dextrose infusion. If I could go back I would say "Hello, this is Caitlyn, a student nurse taking care of Robert Melena in room XX, and his birthdate is 5/11/XX. He first came in with a GI bleed, we initiated NPO status and placed an NG tube at low intermittent suction, and started normal saline because his blood pressure was dropping, he is a type 2 diabetic and is diaphoretic, dizzy, has a weak and thready pulse, heart rate is 111, and blood pressure is 110/63, his blood sugar level is 72. He does not currently have any orders for dextrose, would you like to order some?"

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?**

I evaluated the patient's pain level before and after I gave the prescribed dose of morphine. The intervention was effective because it decreased his pain from a 5/10 to a 2/10. In the future if it was ineffective, I would look to see if the patient was uncomfortable in bed to see if that is making the pain worse, I would also look to see if there is a different pain medication we could try that would be more effective in relieving the pain. If there are no orders for a different pain medication, I would then call the doctor and see if they could prescribe something else since the morphine is not helping to relieve the pain.

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

A detailed narrative nurse's note I would have written would be "Upon entry patient was diaphoretic, dizzy, weak and thready pulse, heart rate 111, blood pressure 110/63, blood sugar 72, expecting hypoglycemia, called Dr. Dunbar and received order for dextrose at 125mL/hr. Started infusion and gave 0.5mL of morphine for pain 5/10, rechecked pain and blood sugar level 10 minutes later, pain is 2/10 and blood sugar is 83. No longer experiencing any hypoglycemic symptoms."

- **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 would be working on SBAR. I will work on it more in the clinical setting with peers and other nurses. I will also practice once a week with a classmate on a made up situation in order to get better with SBAR communication. I will look into some videos of other people doing SBAR to see if that helps as well. I need to be more confident with SBAR, because I know what is going on with the patient, I just need to get better at organizing the information before calling who I need to speak to.

- **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 before because it is stressful knowing that we are being watched and criticized on everything we do, I know it's a learning experience and it is a safe environment to make mistakes but it is still nerve-racking for me.

During – Focused, I felt very focused on the patient and what needed to be done to improve his condition and to provide great care.

After – Confident, I felt confident that I did the best that I could do and I made a lot of good decisions that helped improve the patient's care.