

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.**

One thing that I noticed is that the patient started to exhibit signs of either hypovolemic shock or hypoglycemia. I noticed that the patient had cold and pallor skin with slight diaphoresis and sudden onset of dizziness/lightheadedness. I know these symptoms can be indicative of either losing blood or low blood sugar. To determine the cause, I knew to assess their blood sugar which ended up being at 72. This led me to intervene and receive an order from the doctor for 5% dextrose. This IV fluid would allow the patient to maintain an adequate blood sugar level while maintaining their NPO status. The 5% dextrose would also gradually increase the patient's blood sugar, whereas glutamate would've quickly raised the level, possibly causing hyperglycemia. Therefore, 5% dextrose was an ideal intervention to maintain patient safety. I then educated the patient on the changes in their orders and why they were receiving different fluids. This prevented gaps in the patient's knowledge of their care.

- **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.).**

A few examples of collaborative communication that occurred within the simulation were contacting the doctor for an order of IV fluids and a GI consult for an EGD for internal bleeding. We also contacted the doctor to receive an order for different pain medications that wouldn't worsen the patient's GI bleed. Although the doctor wasn't entirely cooperative in playing a role in the patient's plan of care, communication prevailed, and the patient's needs were continuously met.

- **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 when I called the doctor to receive an order for 5% dextrose, I didn't originally state the patient I was calling about and this further agitated the doctor and made them hesitant to comply with my request. The way I would reword this statement is by starting out with the name of the patient I was calling about and why I was calling. This can prevent backtracking in my conversation with the doctor and promote smoother communication.

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?**

The intervention that I performed was effective and efficient. I know this because when the 5% dextrose was administered, the patient's blood sugar increased steadily and prevented a hyperglycemic event. If the 5% dextrose was ineffective, I would've then received an order for and administered a shot of glutamate. Another way to quickly raise an individual's blood sugar is to give them orange juice, however, the patient had an NPO status due to their old/active GI bleed alongside other GI abnormalities. I feel though that something I could've done differently is receiving an order for 5% dextrose earlier because of my knowledge of their NPO status. This would've addressed the issue of their blood sugar relating to their NPO status. I would also contact the physician about the duration of the patient's NPO status. I would've addressed this relating to the patient's discomfort.

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

Pt. was admitted with burning pain and discomfort rating of a 5 on a 0-10 pain scale. Pt. was dx with GI bleed associated with N/V. Order received for 250mL of 5% dextrose following an ACHS of 72. Pt. educated on the order. 600cc of coffee ground emesis was expectorated at 0730. Physician notified. No new orders. Will continue to monitor. EL SN, 4/15/23.

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

Based on my performance, I believe that there are many areas that could be improved. These areas include quick communication with the physician and thorough education with the patient. I felt that my education has improved, but it can use some more critiquing. This includes when there is another group of people interacting with the patient like therapy or another nurse. I struggled with speaking to the patient while the other nurse was in the room. This could be prevented by contacting the physician sooner and addressing multiple aspects of the patient's care in the room compared to coming in and out of the room. This can save time and can help make the patient's care more efficient. Some steps I could take that could help me achieve this goal are by utilizing the clinical setting at the hospital and using my time to look for challenging opportunities to put my time management skills to practice. I can also use roleplay with family and friends at home.

- **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 picked this meme because simulation can be exhausting, and I had to fake power through the exhaustion to do well in the simulation.



During:

I picked this meme to describe myself during the simulation because I had to pull together the little energy that was left to provide good patient care. I was still visibly tired.

When your patient says their
pain level is 100



After:

I picked this meme to describe myself after the simulation because the next big hurdle is preparing for finals and fighting through exhaustion to achieve my goals.

That time of the semester:

