Directions: After completing your simulation, provide in-depth, thorough answers to each of the following questions. Answers should be added directly into this document. Your reflection journal should be a minimum of 500 words. Submit your journal to the appropriate dropbox (Simulation Reflection Journal).

Responding:
Discuss one thing you noticed, how you interpreted it, and how you responded. (Ex. I noticed the patient was grimacing. I interpreted this to mean my patient was experiencing pain. I responded with a thorough pain assessment, use of guided imagery, and administered acetaminophen 650mg orally.) Do you feel your response was appropriate? Explain.

After talking to the assessment nurse, I was told that the patient's blood pressure was elevated at 152/74. On her chart I saw that she had Metoprolol tartrate 12.5mg PO ordered. I know that this medication helps to lower blood pressure, so I administered it to her. Also, on the patients chart I noticed that her Ethyl Alcohol level was 0.236, and she has a history of alcohol abuse. For her complete metabolic panel her sodium level was 121, Chloride was 88, potassium was 3.2, magnesium was 1.3 and albumin was 2.7, which are all lower than the recommending range. Because of this I knew that I should administer to her the multivitamins that she had ordered. The ones that I administered are Thiamine 100mg PO, MVI thera gram 1 gram PO, and Folic Acid 1mg PO.
I do feel that this response was appropriate because based on her health history of alcohol abuse and her vitamin levels, it's important that we maintain these electrolytes at stable levels or other serious complications can occur.

Describe your communication with your patient; was it therapeutic and professional? Provide one example of how you connected with your patient.
During simulation we used being there for the patient as a therapeutic approach to connect with the patient. Sat on the bed with the patient and even asked questions to try and get them to open up. If the patient was really talking, the assessment nurse just sat there with the patient and offered themselves.
Discuss one example of your communication that could use improvement. What did you say? How would you reword this statement? Be Specific.

One example of communication that could use improvement would be knowing when to educate the patient on certain topics. While it still is important to educate the patient on grieving and proper coping skills, they were becoming increasingly agitated and anxious. So, I feel that it is important to assess the patient and focus on what is best for the patient at that time. Education can always be done later, and it is important to treat their anxiety and agitation while it is mild and not let it develop further. This helps to keep not only us safe but the patient as well.

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.).

Two good examples of collaborative communication during scenario were between the assessment nurse and the medication nurse. Initially the assessment nurse went in and got what she needed, and the medication nurse verified whether the patient was having nausea/vomiting, which she was not. So, it was not needed to give the patient their PRN medication for nausea. Another example of collaborative communication during scenario was when the assessment nurse performed the CIWA scale after noticing the patient was becoming increasingly agitated and anxious. She reported this to the medication nurse who then got the scheduled medication, which was Lorazepam, and she then administered and educated the patient of that medication.

Reflecting:
Describe one teaching need that you identified or implemented. What was the patient's response to that teaching need?
One teaching need that I identified that the patient needed was proper coping mechanisms. This patient is having a hard time going through the loss of their parents but their best friend as well. They started drinking and were positive for THC. Based on this information they might be having a hard time coping and turned to drugs. After the patient was educated about this, they said they guess they would go to group and try but it seemed more like they were being forced to do something that they didn't want to. It did seem like they wanted to try something new, but just was afraid of the judgement that would come along with admitting that they were an alcoholic.

How did your expectations change as the simulation progressed? How did you adjust your nursing care to these new expectations?
Initially the patient had a CIWA scale of 4, and they weren't having any hallucinations. However, as the day progressed, it was important that we perform the CIWA again and see where the patient was at. When performed again they were at 17 and reported now seeing spiders and hallucinating. Per protocol we then administered lorazepam to the patient, to help with the withdrawal symptoms.

Write a detailed narrative nurse's note based on your role in the scenario.
Received a report from a previous nurse that the patient has an alcohol abuse history, and that the patient's last drink was 3 days ago. They were admitted 2 ½ days ago from a fall, and then they were transferred to 1-south. Admission nurse performed assessment as well as CIWA scale and obtained vital signs. The assessment nurse reported to me that the patient's blood pressure was 152/74. Checked the MAR for ordered medications, which were vitamins, blood pressure medicine, and an antiulcer agent. The medications were administered, patient tolerated well. Checked PRN medications in case patient started to show withdrawal symptoms.

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 chose this meme because initially I was nervous about the unexpected. I am rather shy and didn't know if I would know what to say to the patient or if I would have good timing on educating them.

During

 I chose this meme for during simulation, because once we got in there it really wasn't too bad. The patient was cooperative, and it was just focusing on building that trust and relationship with them that is important to focus on.

After

 I chose this meme because we are another day finished and one step closer to the end of the semester. Still have a lot to learn, but this was a good learning experience on how to build relationships and improve communication with patients.