

**Psychiatric Nursing  
Live Simulation  
Reflection Journal Directions:**

- 1) 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.

**I noticed my patient was fidgeting with her hands and restless. I interpreted this to mean she was experiencing anxiety. I responded by giving her 4 mg of oral Lorazepam to lesson withdrawal symptoms that were caused by the cessation of alcohol use. I also had a conversation about support groups available to her and how talking with someone she trusts is very important. I feel like these responses were appropriate. The patient was rated an 18 on the CIWA scale which meant she was to receive 4 mg every hour until her symptoms lesson. I think it was important to talk to her about the importance of the pharmacological interventions she had available along with non-pharmacological interventions she could use in the future if she was experiencing similar symptoms.**

- 2) Describe your communication with your patient; was it therapeutic and professional? Provide one example of how you connected with your patient.

**I asked my patient what coping mechanisms she uses that she feels are good and appropriate, she stated how she enjoys to go on walks around her home and likes to talk to her brother. I think this was therapeutic because it allowed her to open up and explore ways that she can cope that are positive instead of coping with alcohol.**

- 3) 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 communication that could use improvement is when I was asking the patient if there was anything she would like to drink before leaving the room when she was already agitated about not being able to receive alcohol in the hospital. She responded with asking me to sneak her in a beer. Looking back now I wish I would have been more direct with my questions. I should have been more conscious of potential answers from the patient. Instead I could've asked if there was anything non-alcoholic that we were allowed to give her at the hospital that she would like to drink.**

- 4) 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.).

**Me and my student nurse were able to work together to determine a CIWA score for our patient. Working together helped us realize the importance of having more than one opinion/insight on things. Her symptoms could've been interpreted in multiple ways so being able to discuss what we saw was very beneficial in giving her the best treatment for her withdrawal symptoms.**

**Reflecting:**

- 5) Describe one teaching need that you identified or implemented. What was the patient's response to that teaching need?

**I was able to identify the need for support for my patient. She had recent losses in her life that seem to have made a big impact on her. She has not been coping in positive ways so I thought educating about going to support groups would benefit her. I also mentioned going to her brother for support since they live close by each other and she feels comfortable around him. He is the one that had made her receive care at the Emergency Department.**

- 6) How did your expectations change as the simulation progressed? How did you adjust your nursing care to these new expectations?

**At first my expectations were low for therapeutic communication since in report we had been told she was becoming more agitated and seemed very restless roaming the halls. As the other student nurse and I went in and did assessments and talked more with the patient her agitation seemed to be lessening and we were able to provide more education at this point. She also began being more truthful when answering assessment questions so we were able to accurately address her medication assisted treatment to fit her needs better.**

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

**The patient is a 44 year old female admitted for alcohol withdrawal syndrome and altered mental status. She had a CIWA done and received a rating of 18, she received 4 mg of Lorazepam per protocol. Her vital signs were 158/76 blood pressure, 98.4 temperature, 12 unlabored respirations, 78 bpm for pulse, and an oxygen saturation of 97%. Patients respirations, blood pressure, and pulse were within normal limits so patient was able to be treated with Lorazepam. Vitals will be rechecked in 30 minutes to make sure patient is responding well to the medication. Patient was very agitated and anxious throughout my time with her. When she began to be less anxious me and the assessment nurse were able to educate the patient. Education was provided on support groups in which she stated she would not like to go to any just yet. She was also told that alcohol could not be given to her during her hospital stay, as there were many times she asked for it during conversation. However, she was made aware of how the Lorazepam she is being tapered on should help with her withdrawal symptoms she is experiencing. Prior to leaving the room patient seemed to have improvement of anxiety and tremors. She is now resting in bed and stated she is going to be trying to take a nap.**

- 8) 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: Anxious**

**I was anxious prior to the simulation because of the real life interaction that was to take place. I was nervous to say the wrong things or not talk therapeutically with the patient as substance abuse/withdrawal is a serious and delicate process.**

**During: Interested**

**During the simulation scenario I became more interested in the patient. I wanted to learn more about her experiences leading up to the hospitalization. It was nice to see the patient open up and be more truthful throughout the course of the simulation.**

**After: Relieved**

**After the simulation I felt relief, as I was able to build a therapeutic bond with the patient and educate her. I was also relieved that her symptoms seemed to be getting better with the use of Lorazepam and communication.**