

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

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.

During the assessment of the CIWA scale, the patient was observed to be moderately anxious and fidgeting. Due to this assessment, she was given an 8 on the CIWA scale. To help aid with her withdrawal symptoms and anxiety, I administered 2mg PO of lorazepam.

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

I would say my communication with the patient was professional, but the therapeutic communication should have been better. During the medication administration, I warned the patient of possible side effects of the medication and to move slowly to help with them. After I was done with the medication, I was not sure on how to bring a topic up that was not previously discussed so I opted to leave the room. I should have discussed coping mechanisms, her support system, or really anything with the patient instead of just leaving.

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

As stated in the last question, my therapeutic communication could be improved. I saw how the patient was not responsive with the assessment nurse and I was not sure on how to bring up a topic with her. Compared to my 1S rotations, it felt harder since the patient did not believe she had a problem with alcohol abuse. The patients I talked to in 1S were there because they knew they needed help and were more willing to open up about how they were feeling.

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.).

The assessment nurse completed the CIWA scale with the patient when I was not in the room. She then came over to me following the assessment and explained how she came to the number in the assessment, and I administered medication based on that scale. I disagreed with one of the assessment numbers, but in hindsight I believe she was originally correct with her assessment.

Reflecting:

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

I educated the patient on the side effects of lorazepam which can cause dizziness, drowsiness, and lethargy. I advised the patient to move slowly and be careful when initially moving out of bed to prevent bouts of dizziness.

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

I originally expected the patient to be more receptive to the therapeutic techniques before entering the simulation. When I saw her response to the assessment nurse's attempts, I realized that it was going to be harder to communicate with this patient about their alcohol use than I originally anticipated. Instead of adjusting my nursing care to better communicate with the patient, I instead froze and did not bring up any topics like I should have. Overall, it was a good learning experience because that is not something I have experienced so far, and I now know how not to respond.

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

CIWA score of 8 was given due to moderate anxiety and agitation. Denies nausea, vomiting, tremors are not noted, sweats, tactile disturbances, auditory disturbances, visual disturbances, or headache. Oriented to self, time, place. 2mg of Lorazepam PO was administered per CIWA protocol.

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 SIM:



During:



After:

Prior to going into the simulation, I did not feel as nervous as previous simulations, but I was still not completely comfortable with the live simulation. During the simulation, I felt like the brain was fried since I could not think of anything therapeutic to provide for the patient. I felt like my brain was on another planet and just left my body behind. After sim, I went over the scenario in my head and was disappointed with how I performed. I immediately thought of ways to bring up topics that at the moment I was struggling with.