

**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.

One thing I noticed was the patient was anxious and in denial during my part of the scenario. She was in the hospital for a fall related to alcohol intoxication. She was diagnosed with alcohol use disorder, altered mental status, and alcohol withdrawal. I knew that she was going through a lot. She recently lost her best friend who she used to go to clubs with. She also lost her parents two years ago. Her only support is her brother. I think with all this in mind, she was going through a lot at this time of her life. She is only two days into her detox and along with her loss, this is a very difficult time for her. I responded by providing good educational resources to help her maintain sobriety and get the community help she may need. I also communicated with her and helped her when I could. However, I was limited. She was more reserved and was not opening up to me so it was hard to get into her feelings and talk. I wish I could have communicated more with her loss and history.

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

If I had to use a word to describe the communication I had with the patient, I would say it was decent. I could have communicated more and tried to help her open, but it was difficult with the time we had, the assessments to be completed as well as medications, and education materials. The communication we had was therapeutic and professional but limited. I could have worked more on trying to help her open and let her talk to me. One example of communication was when she asked if everyone drank alcohol as soon as you woke up and I said that personally I don't drink. She looked confused with her routine, and I helped her understand that this was not a normal tradition for others.

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

One example that could use improvement would be when I was talking to her about alcoholics anonymous and told her it is a peer led group that helps maintain alcohol abstinence. She was taken aback and questioned peer. I explained that it is a community group that helps gather others around her. I should have changed what I said and understood that this was a

sensitive topic for her after losing her best friend. What I could have said is, "I understand that you recently went through the loss of a friend, is there anything you would like to discuss with me about that? If you don't want to talk that is okay too, I am here if you would like to talk." I think this would have allowed us to talk about what she is experiencing and understand more about her pain.

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.).

Collaborative communication I utilized with my medication nurse was the score I got on my SIWA scale as well as the vital signs I took. The patient was ordered PRN medications for nausea and vomiting and a benzodiazepine for alcohol withdrawal symptoms. Since she scored 1 point on the scale, she did not need a benzodiazepine and she reported no nausea and vomiting. She does have hypertension, so I let my medication nurse know that the manual blood pressure I took was high (148/92).

**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 implemented was educational resources for abstinence, recovery, and detox from alcohol. She was not very receptive to education. She said she does not drink and that she won't need the resources, but I knew that at least having the resources is helpful. I left the handouts with her and let her know that she can use them when she is ready and that I want her to be safe.

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

My expectations changed as simulation progressed from anxiety at the beginning to confidence at the end. I think I was shy and reserved at the beginning and I was scared that I was going to have to deescalate a situation and I was unconfident in my abilities. At the end as I gained that confidence, I was calm, smiling and helping the patient understand her condition. I think I was more relaxed around the patient, and I was less rigid with my posture and approach.

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

Entered patient room and performed CIWA scale, VS, and brief mental health assessment. Patient reported mild anxiety. VS were as follows, 97.7 F, 97% RA, 148.92 BP, 16 rr, and 97 HR. Patient passed brief mental health assessment with 100%. Gathered education materials and provided patient with resources for sobriety, detox, and community support. During education, patient denied alcohol use. Patient was anxious and unreceptive to education. Will communicate more with patient as day progresses and help with denial and support.

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 woke up and I was just so scared, I was anxious, and I felt like sponge bob arriving to simulation and entering the room and seeing Lora and realizing this is real.

**During:**



- Every time I get into sim, I really don't know why my mind goes blank. It doesn't help knowing I'm being watched and observed.

**After:**



- Relief is all I can say. I finally can breathe.