

**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.

I noticed the patient was getting very agitated. I knew I needed to complete a brief mental health, VS and CIWA assessment with the patient so I responded by doing what was most important first to get the patient medications that she needed to help with her anxiety, and withdrawal symptoms. I completed VS first, then the CIWA then communicated to the medication nurse so she could medicate the patient I then came back in to complete the brief mental health assessment. I believe my response was appropriate because I did it in an order of importance to the patient at the time.

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

My communication with my patient was more of a listening approach. I tried to listen to what she needed and be receptive based off that. For example, she stated she just wanted to speak with her brother. I asked her to explain her relationship more, and she said they were very close. She wanted to call him once we finished our assessment, and I told her I could help her with that. I believe it was therapeutic and professional at the same time I was able to listen to her, assess her, help get her treatment, and aid in comfort by offering her to speak with her brother.

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 how my communication could use improvement was when my patient was describing her visual hallucinations and asking if I could see them. I said no I couldn't. I could have said no I do not see them but that does not mean you cannot. I feel like being so short with the patient about her hallucinations wasn't therapeutic or conducive for her.

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.).

Elizabeth McCloy

Collaborative communication I utilized was when I needed some assistance for the CIWA scale I had missed part of the visual hallucinations, so my partner helped me with that portion add to my score I had gotten. Also, throughout the entire simulation I was communicating with my partner to let her know how the patient was so she could medicate appropriately.

Reflecting:

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

During our simulation we did not provide any teaching needs, but during the first simulation I was thinking the patient could have been introduced to grief counseling/therapy. The other students did provide resources on detox for alcohol, but she was not responsive to the teaching provided but did keep the resources. If someone would have talked to her more about her recent losses, I feel the patient may have opened up more to us and may have been more open to teaching and resources for therapy.

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

My expectations changed during simulation progressed after the first group went when the patient was becoming more anxious, so I knew the patient was withdrawing more. Once our group started my expectations kind of stayed the same as I expected how the patient would somewhat act. I adjusted my care to new expectations based off the patients' needs so basically just the order I needed to complete my tasks to better treat the patient.

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

07/06/2023 1000 Entered pts room at this time to pt sitting in chair. Pt A+OX2, RR even and unlabored. VS as follows BP 142/92, HR 105, RR 20, T 97.8, SPO₂ 97% RA. CIWA reassessment completed bedside with pt with a score of 18. Pt verbalizes visual hallucinations of bugs crawling on the floor. Brief mental health assessment completed bedside with pt with a score of 4. Pt medicated per MAR and is now resting in bed. Pt denies needs at this time; bed locked in low position. -----E.McCloy, SNFRMCSON

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?

Nervous: I always get nervous before the starting a simulation.



Elizabeth McCloy

(During) I knew Sh** was going to hit the fan lol. Also, poor Laura's pulse Ox wouldn't go up pass 88% so I had to move it 4 times, and she made me laugh because she said, "Well, I do have COPD right but that's not really normal for me". Finally, found a finger with good circulation and had her take a couple deep breath and we were in the clear.



(Ending) I felt so much relief when Kelly said alright guys good job, you're all done! Yay!

