

**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.

Something that I noticed about the patient was she had an almost flat expression. Her responses to my questions were quiet and monotone. I interpreted this as her being sad or depressed due to grieving the loss of her best friend. With this information I told the patient that she looked sad today and asked if there was a reason. She explained that she was grieving the loss of her best friend and her parents. She explained that life isn't fun anymore without her best friend. I was able to talk to her about some coping techniques like music and I gave her a handout for a crisis hotline that she could call to talk with someone. I feel my response was appropriate. The patient began to open up and trust me which gave me an opportunity to educate her on some coping skills, do an in-depth assessment on her drinking habits which included the CAGE and CIWA scale, and got the patient to agree to interpersonal therapy.

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

I believe my communication with the patient was therapeutic and professional. I was able to connect to my patient when I was doing my alcohol use assessment with her. She was not very trusting of me at first but once I explained to her that HIPPA laws are in place to keep what she discloses to me between myself and the rest of her care team. After this the denial of her alcohol use decreased by a small amount in the responses to my questions. I did try to use some therapeutic communication techniques with her like voicing doubt, offering self, and sharing observations; these all seemed to be beneficial.

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

I feel when I was assessing her employment, I was almost interrogating her in a sense. I did this by asking what she sold and what her favorite thing to sell was and why. I don't think I needed to reword this I just think it wasn't necessary to go that in depth because the patient could have taken it as me not believing they were employed. This could have been a big setback in our therapeutic relationship.

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.).

When I was assessing the patients' drinking habits Laurel, the other student nurse would give me ideas on what to ask her when I couldn't think of anymore. This would then spark up more questions based off her suggestions. This collaboration led to a very good in-depth assessment in my opinion.

Reflecting:

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

One teaching need was good coping skills. I gave her some options (exercise, music, taking a walk, and reading) she was interested in music. I also gave her a hand-out for a crisis hotline that she could utilize in times of need. She responded well to this education and seemed ready to try a few new things.

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

I thought that she wasn't going to be honest about her drinking habits, but she started to open up a little more which gave me an opportunity to use voicing doubt with her on certain drinking habits without fear of her reacting poorly. I think this was a good way to open her eyes a little because she has a drinking problem and the things that she believes to be normal are not. I adjusted my assessment to be more in depth after this.

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

Patient showed readiness to learn about coping skills and therapy options. Education was provided to the patient in discussion about using music as a healthy coping skill and about therapy. Patient refused group therapy and stated, "I'm not ready for that yet, and I don't want to listen to other people's problems.". The patient did accept interpersonal therapy but that has not been set up yet. Also stated she has troubles falling asleep due to wondering mind in response a crisis hotline was provided to the patient. Patient showed understanding and willingness to improve mental health.

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?



I feel like no matter how hard I study for something before hand I will feel as if I know nothing. So, even though I feel like I know nothing I have to fake it till I make it sometimes.



This was when I was doing my alcohol habit assessment with her, and she kept telling me she didn't have a problem.



I did a lot of education about alcohol cessation, and I have been told as nurses “do as we say not as we do.” Also, this semester is just super stressful and this made me laugh.