

**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 that my patient was denying the use of alcohol, I interpreted it by that they were embarrassed to tell me, scared to tell me, or were truly in denial and did not think they had an issue. I responded by listening to the patient as well as checking their chart to verify that their BAC was a .236 so they were clearly intoxicated when they were admitted. I do not think my response was appropriate, I think I should of spoke with the patient and told her about the BAC level so therefore we knew that she was drinking prior to admission and definitely more than 1 drink a day like she was stating.

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

I think my communication was therapeutic and professional with the patient. While I was getting her meds ready, she came up to the nurses station and wanted them then and there but I did not have the means to give her the medication there so I asked politely to go back into her room so that way she could get her medication and she followed. I thanked her for taking her medication and assured her that I would be back to check on her within a half an hour to make sure she is feeling better.

**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 communication that could use improvement was when she was denying the use of alcohol. I personally did not say this because I was the medication nurse and did not have too much of a conversation with her but as a group I think we could have used improvement on this example. We said that we are not here to judge we just need to know for medical reasons, I would have said that we aren't here to get you in trouble or to judge but truly need to know how much you have drank and your history in order to give you the best care possible and to provide you the treatment that you will need when you start to withdrawal because withdrawal can be very scary without the correct medication to help you.

**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.).**

An example of collaborative communication was when my assessment nurse evaluated that the CIWA scale was 16 and she was experiencing symptoms of withdrawal such as elevated anxiousness, becoming diaphoretic, and more agitated. We talked and confirmed that she was going through active withdrawal from alcohol, and I looked at her provider's orders and followed his order for Lorazepam and gave her 4mg of Lorazepam because her score was higher than 12. This was an appropriate response because she was medicated per protocol and her withdrawal symptoms were improved.

**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 identified was that she may need some community resources to help her stop drinking so much if that is something that interests her. I provided her with information about AA and how it is a group environment and sometimes peer led and they share their stories and about what helped them to overcome the challenge. The patient responded positively to this and agreed that it may be beneficial. During the simulation we had to provide information as she was actively withdrawing due to time purposes but in real life this would be given at the time of discharge.

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

My expectations changed as the simulation progressed because the patient got more active and not so withdrawn to care. She came up to the nurses station instead of staying in her room, I adjusted my care by redirecting her to her room and giving her medication in there and stating that it is a safe environment in her room.

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

Patient was experiencing active withdrawal symptoms from alcohol such as becoming more anxious and agitated, becoming less cooperative, and scored a 16 on the CIWA scale. She was given 4mg of Lorazepam per protocol. Started feeling better after Lorazepam was given.

**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 – Nervous, I was nervous before because I wasn't sure how I would feel having on of the faculty as a patient in simulation and if I would be able to be serious.

During – Confident, I felt that I was able to pass medications and respond to the patient appropriately.

After – Relieved, I was relieved that the simulation was over and that overall I felt we did well as a group taking care of a patient withdrawing from alcohol.