

Firelands Regional Medical Center School of Nursing

Medical Surgical Nursing

Reflection Journal Directions:

Directions: Provide in-depth, thorough answers to each of the following questions. Answers should be added directly into this document and must be at least 750 words in length. Submit your journal to the Edvance360 Dropbox for the appropriate simulation scenario (Scenario #1, Scenario #2) by the Saturday following the simulation experience, no later than 2200.

Responding:

- **Discuss one thing you noticed, how you interpreted it, and how you responded. Do you feel your response was appropriate? Explain.**

While I was taking my patient's vitals, they were complaining of pain in their left leg. I noticed my patient's foot was cyanotic. When I investigated further, I found out that my patient's pain was rated a 10/10, they had numbness and tingling in their leg that was spreading, and they could not feel me applying pressure on their foot. Their pain was not improving, even after morphine was administered. As my time as a student nurse went on, the patient expressed how it felt like more and more of her leg was falling asleep. I responded by removing the patient's pillow and ice from the affected extremity. I also called the healthcare provider and informed her of my patient's symptoms. I do feel as if my response was appropriate.

I had suspected my patient had compartment syndrome because she had almost all the symptoms from the "6 P" assessment. The 6 P's are pain, pallor, pulselessness, pressure, paresthesia, and paralysis. I listened when my patient expressed her discomfort and investigated further to realize the pain was more than just a fracture. If I had kept the leg elevated, the blood flow that was already impaired would have been reduced even more. The ice that was applied was constricting the blood vessels. Without these interventions, the patient may have needed a fasciotomy and could have lost her leg. By calling the healthcare provider, the patient's surgery was moved up and treated faster.

- **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 between the medication nurse and me, was when Zach had me witness while he wasted meds. Since he was wasting morphine, he needed a witness. This was good communication because it proved the narcotic was properly disposed of. Another example of communication was when Zach had questions regarding the IV pump. I was able to help clarify his questions which allowed the patient to get their medication correctly. By helping him with the IV tube it allowed for two nurses to check for air bubbles in the tubing. If there were air bubbles, the patient could have developed an air embolism. I checked Zach's dosage

calculations before he administered the medication to ensure the patient was getting the correct amount. When I had trouble with the screen with my vitals, Zach was willing to help me manage that as well. These communication skills allowed both of us to give our patient the best quality care.

Another example of collaborative communication was when I called the healthcare provider. I called the HCP to report my patient's symptoms related to possible compartment syndrome. It was my first time attempting to utilize SBAR to a healthcare professional over the phone. The HCP told me to ensure my patient receives her antibiotics and medications before the surgery which would be moved up to a more immediate time. I hung up the phone after receiving the instructions and then had to call back because I forgot to read back the instructions given to me the first time. This was a learning experience, but I feel more prepared to talk to a healthcare professional going forward.

A last example of collaborative communication was when I had to call my patient's spouse, Jenny. I informed her that my patient's surgery would be moved up due to the symptoms I found in my assessment. I explained to Jenny about the cyanosis, numbness and tingling, and paresthesia I found. I explained to her how the surgery would help alleviate those symptoms since they are not a normal complication to a tibia and fibula fracture.

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

When I was communicating with the healthcare provider, I should have been more precise about my patient. When I called, I mentioned my patient was Sam Smith but I did not mention her date of birth, room number, or that she was getting an ORIF surgery. I could have said something like, "Hello, my name is Lindsey Steele, and I am calling regarding my patient Sam Smith. Her date of birth is 03/11/XX and she is scheduled to have an ORIF surgery this afternoon due to a fall from a ladder at home. She has a tibia and fibula fracture in her left lower extremity. I suspect my patient had compartment syndrome because during my assessment I noticed cyanosis in the left lower foot which is the same leg she fractured, numbness and tingling, paresthesia, and worsening 10/10 pain that does not improve with pain medicine. I removed the ice and elevation from the affected extremity". This provides the healthcare provider with who my patient is, what symptoms they are having, and a possible diagnosis quickly and effectively. I would clarify any questions the HCP had, and I would read back the orders to ensure there was no missed communication.

Another example of communication that needed improvement is when I called my patient's spouse, Jenny. When Jenny asked about how the surgery will correct the patient's symptoms, I was not prepared to answer. I stuttered over my words, and I had to take a moment to think before responding. This could have instilled some panic in Jenny, and I should have been more prepared to answer any questions that were given to me.

Reflecting:

- **How did you evaluate an intervention you performed? Was the intervention effective and what would you do differently in the future if it was ineffective?**

After I removed the pillow and the leg from my patient’s extremity, I reevaluated her pain and sensation. My patient told me her pain did not improve and the numbness felt as if it was spreading. Since she had suspected compartment syndrome, these symptoms were not expected to improve immediately. By calling the healthcare provider, my patient was able to receive more prompt treatment to save the extremity. In the future, I could have provided nonpharmacological ways to relieve my patient's pain while we waited for surgery. I could have offered breathing techniques, guided imagery, or a different distraction.

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

NURSING NOTE	
Date	<p>The patient is Sam Smith, a 55-year-old female who weighs 95 kg and is 72 inches tall. Her pronouns are She/Her. She was admitted to the emergency room due to a fall from a ladder about five feet from the ground. Her X-ray came back showing a complete open oblique fracture of the tibia and fibula. She is alert and oriented, and noncompliant to her medications at home. On a 0-10 pain scale, she reports 10/10 pain that did not improve with morphine. Her left foot is cyanotic, she has numbness and tingling, and paresthesia in her left leg. Ice and elevated were removed. The patient states, "It feels like more of my leg is falling asleep." Her left extremity hurts to be touched or moved. Her vitals are; temperature 98.5 F, blood pressure 154/88, pulse ox 94% on room air, and pulse of 101. The healthcare provider, Dr. Ammanniti, was informed of the patient's symptoms and the ORIF surgery scheduled this afternoon was moved up. The patient's spouse, Jenny, has been notified of the change. The patient has taken her home meds today which consist of, Metoprolol twice a day, Aspirin daily, Atorvastatin daily, Tamsulosin daily, and Montelukast daily.</p>

- **Reflect on opportunities for improvement. Based on your performance, what steps will you take to help improve your clinical practice in the future?**

To improve my clinical practice in the future, I will review my textbook about steps regarding SBAR communication. By reviewing this, I will gain a better understanding on what information should be given for my patient’s situation, background, assessment, and recommendations. This will improve my clinical practice because I will be able to communicate better with other staff, healthcare professionals, or family members to my patients. Being a nurse requires competent communication skills and I strive to have that going

forward. I will review the reading about SBAR, and I will practice on my family members and classmates to help practice.

Another way I can improve my clinical practice going forward is to remember I need to plan out what information I am going to say on the phone, be prepared to answer any questions regarding my patient and be sure to ask any clarifying questions.

- **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 = Anxiety

I chose this because I get very nervous doing tasks in front of an audience. Knowing my instructors were taking notes behind the glass gave me anxiety which caused me to overthink each decision I made during clinical. It also is stressful when two of your classmates are watching your every move. Even though everyone was kind to me and gave me compliments and constructive criticism, my anxiety was always extremely high beforehand. My heart rate was 120 bpm before entering the sim lab.

During = Embarrassed

I chose this word because I felt as if I made a lot of errors during my time in the simulation. I felt confident in my skills and my abilities as a nursing student, but it is hard to feel confident when you are still learning. I was proud of the things I was able to notice, but I did not feel confident in my communication skills.

After = Relieved

I was relieved after the sim lab was over because I had so much stress leading up to it. I was relieved the pressure was over, and I could relax and be an observer. I also felt a sense of relief during the debriefing when Nick was being kind and supportive about all our decisions during sim.