

Firelands Regional Medical Center School of Nursing

Medical Surgical Nursing

**Reflection Journal Directions:**

**WORD COUNT: 793**

**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.

I noticed that my patient was in extreme pain in her right leg, her oxygen saturation level was dropping, and she was having a hard time talking due to shortness of breath. The leg had a rash-like look to it around the calf area and was red with tenderness. I had initially interpreted it as an allergic reaction to the antibiotic; however, with my prior knowledge of her noncompliance with the nurses on ambulation post-op and noncompliance with her blood thinner Coumadin, and with further communication with the provider and the continuance of desaturation I had suspected a blood clot in the leg that possibly turned into a pulmonary embolism affecting her respiratory status. I responded by titrating the oxygen level, elevating the HOB, and communicating with the provider in which a blood thinning shot was ordered. There was a confirmed pulmonary embolism in the right lung and the oxygen status was maintained as ordered and the blood thinner was administered. I feel as if my response was appropriate.

- 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 would be my phone call with the provider. I had elevated the head of the bed, titrated oxygen to 4 liters, and the patient was still experiencing distress. I could've titrated to 6, but with no improvements and how short of breath she was with the <90% o2, I figured it was time to get further assistance. During my call, I had updated the provider with current assessment information such as how much oxygen was applied, that she was very short of breath, and that I couldn't maintain a good oxygen saturation. We were able to collaborate together and get a blood thinner ordered for the clot that was causing her respiratory distress. After communication, the blood thinner was administered safely, I followed orders that were given, and the patient remained stable with an O2 saturation above ordered. This was effective and collaborative communication.

- 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 be improved would be my phone call with the medical provider. It wasn't something that needed to be said differently; it was a lack of communication. When I updated the provider with my patient's status, orders were given via phone. I did not repeat these orders to confirm they were right and with debriefing I understand the importance of communicating

back to the provider what was ordered. This is very important communication that will be improved in future situations with the provider.

**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?

The patient was experiencing respiratory distress with a drop in saturation so one of my interventions performed was to apply oxygen. I reevaluated at first and it wasn't effective so I titrated it to 4 liters and there was still respiratory distress, so the provider was called and the situation was handled properly. In the future, I would titrate to 6 liters then reevaluate, and I would do the same thing and call the provider if ineffective.

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

NURSING NOTE	
Date	
2/28/24	Patient was initially stable during the head to toe assessment. Patient became short of breath and the oxygen saturation dropped to 89%. Head of the bed was elevated, and oxygen was titrated to 4L. Patient was still experiencing respiratory distress, to which the provider was called and updated. Upon communication with the provider, orders were given for lab draws, enoxaparin for the blood clot, and morphine for the pain. After administration of the medications, patient remained stable and o2 saturations were maintained as ordered.

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

Steps I will take to improve will be to get a complete full set of vital signs before calling the provider; when I called the provider, I did not have a full set of vitals. I will adjust my communication and make sure that orders are repeated correctly, and communication will also be improved if reporting with a full set of vitals. I will also take steps to work on education because there was a lot of education that could've been applied in this situation.

- 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 felt extremely nervous before the simulation. I'm not too sure why, but I get more nervous for simulations than I do for clinicals where you can make real life errors. It just feels a little more nerve wracking with the spotlight on you and every single thing is being actively evaluated by multiple people. During: Confident. During the simulation, I took the correct steps to treat my patient's respiratory distress and with collaboration between the provider and my partner nurse, the situation was handled as needed which built my confidence because all the correct steps were followed. After: Relieved. When Monica said "All done everyone great job" I felt a weight lifted off my shoulders, but I felt good. It was relieving that it was over with and most importantly that the patient's decline was handled well.