

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.

I noticed that my patient had an increased amount of pain during my assessment even after pain medication was given. The patient also experienced cyanosis coloring to the left foot and numbness and tingling of the left leg. I looked at the extremity and performed a neurovascular assessment. I interpreted this to be signs of compartment syndrome. I responded by taking that leg off the pillow because it should not be elevated if the patient has compartment syndrome. I also took the ice off the left leg once I thought it may be compartment syndrome. I then notified the provider and asked if there were any other orders and I also just wanted to inform the provider of the new information. I feel like my response was appropriate because I did what would be needed for a patient experiencing compartment syndrome. Taking the leg off the pillow and taking the ice off were very important interventions. I also notified the provider as soon as I could which led to the patient having the surgery quicker. This was to ensure the patient did not lose her left leg due to the compartment syndrome.

- 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.).

I communicated well with my student nurse partner. I was able to help her when it was time to hang the patient's antibiotics and normal saline. I also watched my student nurse partner give an intermuscular injection to the patient. She was also able to give me advice on how I should go about giving report to the surgery staff. I gave report to the surgery staff because the patient was going to be going down for an ORIF on her left leg earlier due to the issues she was having. I also communicated with the provider when the patient started experiencing abnormal symptoms with the left leg.

- 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 my communication that could use improvement would be talking with other members of the health care team. I do not feel confident when giving report to other members of the health care team. I get worried I will not have the proper information, or I may leave something important out. I also just get nervous having to call the provider or ask them questions. I was extremely nervous when I had to give report to the OR before the patient had her ORIF. I was also nervous to call the patients wife to update her about the patient's status and what had changed. I feel over time this will get easier but currently this is one place I can use improvement on.

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?

One intervention I performed was removing the patient's leg from the pillow in order to attempt to relieve some of the discomfort as well as to promote circulation to the left lower extremity. The patient had reported having a burning pain to the left leg which is what made me think she was experiencing compartment syndrome. I also suspected this because her pain did not improve with the pain medication, and she was having numbness and tingling in that left leg. Knowing this I had decided to take the pillow and the ice away because when a patient is experiencing compartment syndrome the leg needs to be lower than the heart. This meant taking her leg off the pillow even if it caused her pain moving that leg, it was best to lower it. I feel as though this intervention was effective for the patient and her situation.

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

I went in to assess the patient at 0800 on 2/28/24. The pt was expressing that she was in a lot of pain. The pt stated experiencing "burning, extreme pain at an 8/10 in the left leg, and numbness and tingling" in the left leg. Upon inspection I noticed the left foot was cyanotic and the patient was not able to move her toes when asked. Morphine sulfate 2mg was given intramuscularly for the pts pain level. The pt reported pain being a 7/10 after the medication was given. The student nurse removed the pts leg from the pillow and also removed the ice due to suspecting compartment syndrome. The health care provider was notified and the pt went down for surgery. Report was given to the OR nurse and the patient was taken down to surgery.

NURSING NOTE	
Date	

--	--

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

I feel as though I could improve on my dosage calculation and double checking the amount of medication being given. During this SIM I was the assessment nurse, but the medication nurse had asked me to verify if the dosage was correct for an intermuscular injection. I had agreed that it was correct, but it was incorrect. I have trouble doing math when I do not have a math problem in front of me. I find it harder to properly do the dosage calculation when it is on medication labels. I will improve on this by doing the math problems on my own. I will also use my resources to watch videos on this and I plan to also meet with a classmate to do a few practice problems with.

- 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?

One word to describe how I felt before the simulation scenario would be nervous. I was extremely nervous to do the simulation. I read the material we were told to review, and I did everything I could to be prepared but the idea of simulation makes me nervous no matter how prepared I am. During the simulation scenario I felt overwhelmed. I had all these things in my head that I wanted to do but then I also had to go based off of the scenario. I also was not sure if what I was doing was correct which made me feel overwhelmed. Also, calling the provider, OR, and the patient's family caused me to feel this way at the time. I also was overwhelmed because I was not sure when I needed to inform the patient what was going on. After the simulation scenario I felt relieved. I was relieved because I was able to get through the scenario and I felt like I learned from the experience. I know that I make myself more nervous before the simulations because after each one I usually feel relieved.