

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.

Upon assessing my patient, I noticed shortness of breath, coughing, and discomfort. In addition, she was complaining of chest pain and difficulty breathing. I assessed her breath sounds which indicated crackles to the right lung and vital signs which showed an oxygen saturation of 85% on room air. I interpreted with data as a possible pulmonary embolism as she was 2 days post operative, was not ambulatory, and was not taking prophylactic thrombus precautions. I responded to this situation by applying 8 liters of oxygen which brought her saturation to 95%. I also communicated my findings with the doctor so they could add appropriate diagnostic orders for the patient.

[Ex. I noticed that my patient only produced 325 mL of urine in the last 24 hours, weight increased 1.5 kg since yesterday, BP is decreased at 90/58, and their lower extremities have 2+ pitting edema. Additionally, the urine analysis showed proteinuria, serum sodium 132, potassium 5.6, BUN 47, creatinine 2.9. This coupled with the admitting diagnosis of severe dehydration due to vomiting, limited oral intake, the patient's age (75) and a history of diabetes mellitus type 2, I interpret this to mean that the patient is likely experiencing an acute kidney injury (AKI). I would respond by initiating strict I&Os, performing daily weights, elevating the lower extremities and notifying the healthcare provider with requests for the following orders: telemetry, a potassium reducing agent, low sodium and potassium diet, and IV fluids.]

- 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 feel like I did a good job communicating with the physician and other members of the interdisciplinary team. I used SBAR when talking to the physician to give them a background on the patient and provide them with my finding during the assessment, as well as the concerns I had for my patient. I was able to provide enough detail that the physician did not have many questions for me and was able to provide me new orders with the information I gave. I also utilized readback when speaking to the physician. They stated multiple orders including medications; I wanted to make sure I didn't miss a test they wanted done, as well as, making sure I had the correct dosage for the medications. When speaking to other members of the team

including lab, respiratory, and imaging I made sure to introduce myself and the patient each time and let them know new orders were placed for my patient. I also thanked them for their time.

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

Overall, I felt I utilized good communication during simulation. One thing I would do differently would be to ask my patient how they would like to be addressed. I knew that the patient was transgender from the report I received from the first scenario, however, I did not address this situation personally. I think it's important that I address this with my patient so they can feel safe with me and respected.

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?

An intervention I performed on my patient was placing her on oxygen. When assessing her vitals I found her oxygen saturation to be 85% on room air. I started my patient on 2 liters of oxygen but eventually had to bump that up to 8 liters. Her saturation did improve to 95%. The intervention was effective, however, when I increased her oxygen to 8 liters, I was still using a nasal cannula. This is inappropriate and I should have switched her to a simple face mask to deliver that many liters of oxygen.

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

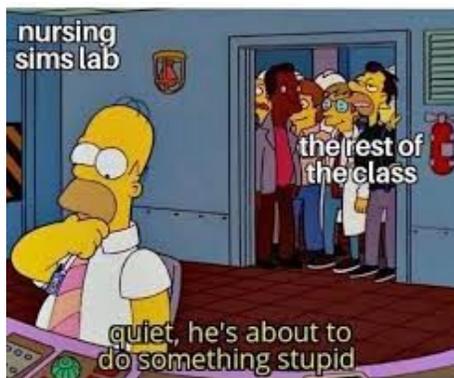
NURSING NOTE	
Date	Upon entering pt's room, pt c/o chest pain and difficulty breathing. Crackles noted in right lung, oxygen saturation 85% on room air, and 10/10 pain to the chest. Placed pt on 8 liters of oxygen, improving saturation to 95%. Contacted physician. Orders placed for d-dimer, ABGs, BNP, troponin, and spiral CT. Per physician order, administer morphine 4mg IM x 1 and enoxaparin 1.5mg/kg SQ daily. Will titrate oxygen to maintain saturation above 92%. Contacted lab, respiratory, and CT to update on new orders place. Administered morphine and enoxaparin as ordered. Will update physician when results return.

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

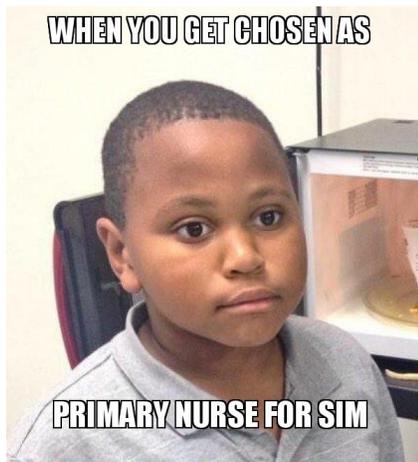
As an observer I realized I would have struggled as the medication nurse having to give the IV piggyback medication. I remember learning that back priming IV piggybacks is a helpful method when priming secondary tubing, however, I don't quite remember how to do it. I have only hung one primary medication and no piggyback medications in clinical; my only hands-on experience with IV medications is the lab we had at the beginning of the year. This was a great reminder for me to refresh on IV medications. I will practice these skills at the upcoming skills lab day, particularly piggyback medications and the IV pump.

- 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:



During:



After:



The meme I chose for before is a little dramatic for how I felt, but I found it funny and had to include it. In a way it shows how a lot of us feel before simulation. We are placed in a situation where our nursing skills are placed to the test in front of “an audience” of our instructors and classmates which can be pretty nerve wracking. I do always come out of sim feeling good about the experience and leaving with good lessons learned.

I was hoping to be the medication nurse this sim since I hadn’t been before, but Kennedy asked me if she could do medication and I told her she could. I wanted to do meds because it seems a little less stressful since you are less center of attention and can organize what you need to do while the assessment nurse is doing their assessment.

The last meme shows the sense of relief I felt when I was finished with sim. I came out feeling like I did a good job, and a bit of stress was taken off my shoulders.