

## 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.
  - Something I noticed during the simulation was the fact the patient was a type 2 diabetic and hadn't gotten her blood sugar checked the entire day. Upon assessing the patient's blood sugar it was low at 70. To improve her sugars the health care provider ordered 5% Dextrose to be infused via IV @ 125 mL/Hr. This was also able to improve the patient's blood pressure to avoid further hypotension. The patient's vitals showed hypovolemic shock which is characterized by low blood pressure and high heart rate. The initial blood pressure on the vitals machine showed 97/59 (Hypotension) with a heart rate of 102 (Tachycardia).
  
- 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 utilized was with the case manager relating to my patient's concerns of housing and ability to afford her prescription medications after she leaves the hospital. Case management stated that she would be able to come down to the patient's room and discuss further about managing her needs. The patient stated that she lived off and on in her car. She often stays at multiple houses of friends but felt like a bother to them when they have guests or family over, so she slept in the car instead. She was only eating one meal per day because that is all she could afford. She stated being on a government program that supplied her with food, but she was unable to say the name of the company. She took aspirin every 6 hours which is a very cheap drug but is contraindicated related to her history of Peptic Ulcer Disease. She was worried about the cost of her prescription after leaving the hospital because she wouldn't be able to afford them to take care of herself.
  
- 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 with the health care provider regarding Situation Background Assessment and Recommendation. When calling I provided very basic information such as the name of the patient, the room she was in and

the admitting diagnoses of GI Bleeding. When calling the provider, it is important to remember that they have many patients all throughout the hospital and need more information in order to recommend proper treatments. When juggling patients, it can be easy to get confused and may cause problems related to treatment if an order is inappropriate. It is our job as nurses to not only give Doctors the information they need to give orders, but to also notice when treatment plan or medication is contraindicated. I would restate this statement by giving a better background of the patients history such as allergy to Amoxicillin, history of Peptic ulcer disease, diverticulitis, GERD, headaches, diabetes type 2, and home medications of Omeprazole, Metformin, and Aspirin.

**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?
  - I evaluated my intervention of taking vitals and blood sugar as necessary to care. The patient was experiencing rapid loss of volume in the NG canister. Taking vitals especially Blood Pressure and Heart Rate helped to determine the patient was experiencing hypovolemic shock. Initially the blood pressure was 97/59 with a heart rate of 102. The health care provider ordered a bolus of Dextrose 5% via IV to bring the blood pressure up to 105/62. Dextrose was also able to help bring the blood sugar up from 70 to 93. The patient was NPO so at the time we were unable to provide snacks such as juice and simple carbs. In the future if the intervention we performed were unsuccessful then I would call the health provider back and recommend giving more fluids through the IV to prevent the patient was becoming more hypotensive.
- Write a detailed narrative nurse’s note based on your role in the scenario.

The screenshot shows a software interface for a nursing note. At the top, there is a menu bar with several tabs: "Nursing" (which is selected and highlighted in dark blue), "Flow Sheets", "Provider", "Labs & Diagnostics", "MAR", "Collaborative Care", and "Other". Below the menu bar is a black header with the text "NURSING NOTE" in white. The main area is a white text box with a vertical line on the left side, creating a column for the date. The text in the box reads: "Date pt showed financial concern related to her housing and pharmacy needs. She is currently living in her car and unable to afford medications. I spoke with case management explaining the situation and they are willing to come talk with her and see what they can do. pt aware and cooperative with plan."

- Reflect on opportunities for improvement. Based on your performance, what steps will you take to help improve your clinical practice in the future?
  - In the future I will take steps to improve education regarding medications that're contraindicated with past medical history. This is related to taking aspirin 6 times per day for the last 2 weeks with a known Hx of Peptic Ulcer Disease. After the ulcer erupted she continued to take aspirin which could of caused further complications because the medication is a non-platelet agent which causes bleeding. In the future I will prioritize education during the beginning of the patient's admission assessment.
- 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- contemplating what I should prioritize and what I'm going to make a mistake on



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- During- As we were walking into the room contemplating what will happen.



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- After- The feeling of relief when Monica said were all done.



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