

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 was that my patient's abdomen was firm and distended when I was doing my focused assessment on her. She was also in quite a bit of pain rating it as a 6/10, and had nausea and vomiting. When assessing her emesis, I noticed that it was brown and had a coffee ground appearance. I was able to interpret these findings that the patient was likely experiencing a GI bleed. I responded by calling the doctor and get some orders as to what they wanted done next. Tylie and I worked together to get the IV fluids to replace the blood that she was losing, and then insert an NG tube and connect it to intermittent suction to help hopefully decrease the patient's nausea and vomiting since the NG tube will keep her stomach empty. I think our response was appropriate because after checking back in with the patient, her nausea and vomiting had decreased, and she was getting the correct fluid replacements that she needed to prevent her from going in hypovolemic shock due to the GI bleed.

- 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.).

Overall, I think Tylie and I had pretty good communication throughout the scenario. We were able to help each other out with different tasks, but also be doing different things at once to provide the best and most efficient care to the patient. For example, Tylie was able to start getting the IV fluids hung and primed while I was gathering the supplies for the NG tube. I was able to communicate to Tylie the findings of my assessment such the patients pain level and her vital signs, that way she knew if she was able to give certain medications. I was also able to contact the HCP and discuss with them about the patient situation, and clarify orders.

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

Something with my communication that could use improvement would be when I was calling the doctor. Since I did not get the opportunity to call the doctor in the last simulation, I was a little

nervous this time around. I think I could have done a better job when giving the SBAR because I felt like I was mumbling and fumbling with my words and not getting the message across. I remember telling the doctor when she asked what else I wanted that I just needed to know what she wanted us to do next. I feel like a better way I could've handled this would be suggesting ideas of what to do. For example, I could've said something along the lines of, "Due to her vomiting and having a bowel movement that both had a brown, coffee-ground appearance, do you want us to insert an NG tube and start IV fluids?". Asking a question like this would be better because I feel like it shows the doctor that you are aware of the situation, and are prepared for the next possible steps that need to be taken.

**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 that I performed was inserting an NG tube in my patient. Due to the patient having a GI bleed and vomiting, putting the NG tube in and setting it to intermittent suction will help keep her stomach empty hopefully reduce some of the pain and vomiting she was having. I think this intervention was effective because when I asked her again about how her nausea was, she said it was better than before, and her suction container had 600 mL of drainage in it. Although this intervention was effective, I think I could have noticed and got things going a little faster such as calling the doctor and verifying all the orders that were placed to prevent her from vomiting more.

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

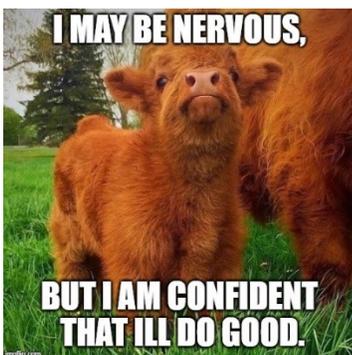
NURSING NOTE	
Date	Pt had pain 6/10 in abdomen and had coffee ground vomit and stool. HCP was contacted as well as GI consult. Normal Saline at 125ml/hour was started and NG tube was inserted and connected to intermittent suction. Pt stated nausea and vomiting had decreased, and 600mL of drainage was noted in the suction container with coffee ground appearance still.

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

I think an area for improvement would be inserting the NG tube into the patient. Although I looked over the steps prior to the simulation, I still forgot to do some major things while inserting it. For example, I did not check the patient's gag reflex, or verify placement by aspirating with a syringe to check for gastric contents. One of the nice things about simulation though is it teaches us what it's like in a semi real scenario, so even though I forgot these things, I feel like I will never forget to check for placement or the gag reflex in a patient prior to inserting an NG tube because I will think of this simulation scenario. I also will make sure to look over my checklist again from foundations to help ensure I know the steps and don't miss anything else prior to my next clinical experience so I will be ready if the opportunity comes where I get to insert an NG tube on a real patient.

- 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:



With this being the second simulation of the semester, I was nervous, but definitely not as nervous as I was for the first one. I felt like I knew what I was walking in to, and felt more prepared for what I had to do.

During:



This describes what I felt like when I had to call the doctor. I was so nervous because I had never done it before, and it did not help that she was pretty grumpy that day. Thankfully I was able to pull myself together somewhat and get through it to help the patient.

After:



After the sim was over, I was so relieved because it was a big stress off my shoulders. Of course, I had to celebrate the last sim of the semester by going and getting food with some friends.