

SXCA 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.

One thing I noticed was the patient was expressing that he was in pain that was located in his stomach. The patient rated the pain a 5-6 out of 10. I interpreted the pain being caused by the GI bleed and the patient was nauseous and vomiting. I responded by giving the patient 1mL of morphine which was given as a push through the patient's IV. The assessment nurse also called the provider, and we were given an order to insert an NG tube which also would help with the patient's pain. The morphine would help decrease the patient's pain and the NG tube was connected to suction to help decrease what was in the patient's stomach. I feel our response was appropriate and our priority was to ensure that the patient was safe and to try to decrease his pain.

- 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.).

One example of collaborative communication I utilized within the scenario was having my student nurse partner double check the medications I pulled up before giving them to the patient. Morphine is a narcotic which means I need to verify with another nurse that the dosage is correct before giving it to the patient. My student nurse partner also watched me give the medication to ensure it was given properly. My student nurse partner communicated with me before I gave the medication that the patient was in pain and asked for some medication to help with the pain.

- 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 is being more compassionate when the patient was vomiting. Vomiting is one thing I do not do well around so I would have liked to have tried to make the patient feel a little better about the situation. I grabbed the emesis basin and was giving it to the patient, but I feel as though I could have held it for the patient. I also could have talked to the patient about how he was feeling and tried to talk him through the situation. It can be scary when vomiting blood which is why I would have liked to communicate better with the patient during this time.

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 I checked the IV site before I pushed any medication through it. I also checked the tubing before I connected normal saline to run through the patient's IV. This intervention was effective because it ensures the patient has a good IV site and it is able to be used in case of an emergency. The tubing also needs to be intact, which should be checked before any medication is set to run through it. This is important for many reasons, one reason being that the medication is going to run through the tubing into the patient's vein and if there is anything

wrong with the tubing it could cause an infection or even lead to the patient not receiving the proper amount of medication.

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

NURSING NOTE	
Date	Upon initial assessment, the pt was experiencing pain at rating of 6/10 in the abdominal area. Morphine 1mL was give push, in the pts right forearm IV site for pain. Phenergan 25mg was given IM in the right upper arm for nausea and vomiting. Pt tolerated the medications well. NS was started at 125mL in the pts right forearm IV site. Pts pain will continue to be monitored.
4/10/24	

- Reflect on opportunities for improvement. Based on your performance, what steps will you take to help improve your clinical practice in the future?
One opportunity I could improve on is doing more of a thorough assessment before calling the doctor automatically. I was the medication nurse this time around but when my student nurse partner asked what I think we should do I thought calling the provider would be the best option, but I now know we should get all the assessment information we need before contacting the provider. Calling the provider is the first thing I think of when there are complications that occur with the patient. I understand the focused assessment and the vitals are both important and information the provider will need in order to help the nurse and give new orders. In the future I will do a focused assessment and vitals signs before I call the provider. I will also gather the most important information needed based on the patient's status and diagnosis.
- 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 the simulation scenario I was anxious. I get anxious when going into each simulation because I get worried, I will not know what I should do during the scenario, or I might forget everything and blank when I walk in. During the simulation scenario I felt focused. I tried to focus on what the patient had going on and what I needed to do for the patient. I have learned that if I focus more on the patient and the situation during the simulation scenario, I am able to get through them better. If I do not do this, I tend to focus on everyone that is watching, and this causes me to lose my focus. After the simulation scenario, I felt relieved because I was able to give the patient the medications he needed, and I was able to come up with ideas during the simulation. I was also able to do the dosage calculation properly, which was one thing I was nervous about!