

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.

Although I was the medication nurse, I was able to observe the condition of the patient. I noticed that patient complaining of cold and clammy sensation, and I remembered the patient had a history of type 2 diabetes. I suspected the patient's blood sugar may be low and after a fingerstick it was confirmed that his blood sugar was 70. We responded by notifying the physician of the low blood sugar and requesting IV dextrose. Per his orders, I hung the D5W at 125 ml/hr. This response was appropriate as it brought the patient's blood sugar up and relieved the hypoglycemic symptoms.

[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.).

During the simulation I felt that me and Kennedy collaborated well. We both helped each other when we were unsure about a procedure. I feel we best collaborated when gathering data before calling the physician. We made sure we had the pertinent assessment data, including vital signs and blood glucose results, as well as the orders that we wanted for the patient like IV dextrose. Having good communication with your nursing partner makes the simulation feel much less stressful; knowing you can bounce ideas off each other gives us more confidence and ensures that safe care is provided to the patient.

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

Sometimes when I am asked a question I am not expecting, I get a little taken aback. When the patient expressed concerns over his living situation, I felt that I stumbled over my words a little when addressing this. In a situation like that, I want the patient to feel as though I am compassionate over their problems and have a way that I can help fix their problems. I feel that I did well telling the patient that I consulted case management and that they would help that the best with those problems. my only concern is that I hope I did not sound dismissive towards him and make him feel like was just going to let someone else deal with those issues. In the future, I will be sure to tell them that case management will help, but I will also try to do some research to help the patient as well.

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?

While my partner was doing her assessment, she noticed that the patient had a cool and clammy appearance; in addition, the patient complained of not feeling well. My partner thought that the patient’s blood sugar may be low and after performing a fingerstick, found it to be 70. As the medication nurse, I thought of what med intervention I could do to raise their blood sugar. We called the physician and asked for the normal saline that was running be switched to 5% dextrose in water. I hung the new fluids at 125 mL/hr and shortly after the patient reported improved symptoms. We finished the simulation before we had the chance, but in the future we would recheck the patient blood sugar to confirm that they are no longer hypoglycemic.

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

NURSING NOTE	
Date	<p>Consulted case management for pt as he expressed concerns when discharged from the hospital. He is concerned about his unstable living situation as well as ability to afford medications. Pt has been moving from place to place and was kicked out of last living situation before admitted to the hospital. Pt has difficulty paying for his home medications. Will follow up with case management.</p>

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

I know I could use improvement on my IV medication skills. I did not have a lot of opportunities for IV meds in clinical so I am not as confident in my skills as I would like to be. I did have to pause to think about how I needed to give an IV push medication through a line of fluids. I felt like I was able to work it out during the simulation with the help of my partner. During debriefing, Heather provided great education about giving medication through a line which helped my confidence some. I know I will get better with these skills through repetition. I will take the opportunities to learn during clinical and any future labs and simulations.

- 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: Calm-ish

I felt much more relaxed this time around compared to our first simulation of the semester. I was much more nervous before the first one, likely the fear of the unknown. Since I already had experience in simulation, I felt like I understood the flow and how simulation plays out. It was a much more enjoyable experience not being stressed out.

During: Cautious

While being the medication nurse I felt like I was being super cautious to prevent myself from making a med error. I began by confirming what the current time was in the simulation to ensure that the medications were due. Next, I confirmed the dosage of the medications multiple time before administering them. Both of these would have been critical mistakes as I would have overdosed the patient.

After: Happiness

I feel like I did mostly good on this simulation. Having this done makes the end of the semester seem so much closer.