

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 the initial assessment of my patient, I noticed that his blood pressure was decreased at 95/56 and his heart rate was increased at 111 bpm. Roberto also verbalized to be that he felt dizzy and lightheaded and that he was feeling nauseous. Another concerning thing that I assessed was that his skin was cool and clammy. From these assessment findings, I thought that he might be going hypoglycemic. I responded to my clinical judgement of this by most importantly performing a finger stick blood sugar test. The result of this test was 70. This was not a critical result, but I knew that his sugar levels were definitely not going in the right direction, and this was the reason for his abnormal symptoms, so I responded to this by calling his provider. I suggested to the provider that we started D5NS and q6h finger sticks due to the patient being NPO. The doctor then ordered both of these things. I then communicated the D5NS order with my medication nurse so that she could get that started, along with the order for Phenergan for the patient's nausea. The last thing I did during the simulation was rechecked the patient's blood sugar after the D5NS had been running for about 15 minutes. I felt that all of my responses during the scenario were appropriate, and I felt much more confident in this simulation compared to any of the others.
- 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 that I used during the scenario was with the case manager. My patient was homeless and was very concerned that we were going to kick him out because he did not have any money to pay for his stay and for the care that we were giving him. After he expressed these feelings to me, I educated him on what a case manager was, and that they have many different resources to help people in need pay for their medical bills. I then called the case manager and verified that she was going to stop in and see him that day and filled her in on what his concerns were. I also talked to her about maybe figured out somewhere for him to go when he gets discharged when he leaves as he is homeless, and this plays a big role in his health.
- Discuss one example of your communication that could use improvement. What did you say? How would you reword this statement? Be specific. One thing that I could have used improvement

on was instead of initially asking the provider for an order for an ACHS finger stick order I should have thought about how the patient was NPO because of the NG tube, which would lead to the patient only needing q6h finger sticks. Therefore, I should have asked the doctor for a verbal order for q6h finger sticks, not ACHS.

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 was getting the patient’s blood sugar. I used my nursing judgement to know to do this intervention. This intervention was successful, as his sugar was getting to be on the lower side (70). We then got an order from the doctor for an IV medicine to help his blood sugar level to increase, and another order to do routine blood sugar checks every 6 hours so that this did not happen again. About 15 minutes after we started the newly ordered meds, I rechecked his blood sugar and it was then 90, which was much better.

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

NURSING NOTE	
Date	At 19:10 This RN and Kylee Cheek RN received a verbal order over the phone from Dr. Linder for D5NS. This RN then placed the order in the chart. At 19:13 Kylee Cheek RN administered D5NS intravenously the right forearm after verifying named, DOB, and allergies.

- 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 be more confident in asking the doctor something more than once to make sure that I understood him correctly. It is important to stand your ground even though not all physicians are respectful. I will not be afraid to ask questions and stand up for my patients.

- 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- Scared: I did not know what to expect and I do not like knowing that people are watching me.

During- Tense: I did not want to mess up and wanted to make sure that I was doing everything right for the patient to meet all the objectives.

After- Relieved: I thought that I did pretty good making decisions based on what was going on with my patient and overall thought my partner and I communicated well.