Psychiatric Nursing
Live Simulation
Reflection Journal Directions:

Directions: After completing your simulation, provide in-depth, thorough answers to each of the following questions. Answers should be added directly into this document. Your reflection journal should be a minimum of 500 words (not including the questions). Submit your journal to the appropriate dropbox (Simulation Reflection Journal).

Responding:
1) Discuss one thing you noticed, how you interpreted it, and how you responded. (Ex. I noticed the patient was grimacing. I interpreted this to mean my patient was experiencing pain. I responded with a thorough pain assessment, use of guided imagery, and administered acetaminophen 650mg orally.) Do you feel your response was appropriate? Explain.

-One thing I noticed was the continuous foot tapping, tapping on her leg and overall fidgeting with her hands and arms. The patient couldn't sit still at all so I asked if they are experiencing any anxiety and if so how severe from 1 to 10. I notified the medication nurse of her anxiety and overall score of her CIWA assessment performed and agreed on dosage of Ativan needed to be given.

2) Describe your communication with your patient; was it therapeutic and professional? Provide one example of how you connected with your patient.

-Overall, I believe my communication with the patient was therapeutic, I tried to maintain a nonjudgemental tone and avoid any judgmental comments or remarks to the patient. Once the patient opened up on a subject, I made sure to stick with it to try and get as much information as I could before the denial started again. When the patient walked up to our medication station, I tried to have them focus on me and not the medication that was currently being pulled. I asked the patient if they needed anything at all and they replied no, I then asked if they would like to go back to their room which they replied no.

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

-One thing I did say was have you been having more trouble with your alcohol problem. I should not of phrased it like that because it sounds rude and can be interpreted as being judgmental. I should of instead phrased it as have you drinking more here lately due to any stressful situations to be more of a neutral question instead of sounding like I'm judging her.

4) 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 thing that we collaborated on was the CIWA scale score as well as the amount and dosage that needed to be administered. The score was a twelve which meant they needed to receive four

milligrams of Ativan which was equivalent to only one tablet. We both were on agreement on the requirement that needed to be met before the administration such as heart rate needed to be greater than 50, the patients heartrate was 88 bpm.

Reflecting:
5) Describe one teaching need that you identified or implemented. What was the patient's response to that teaching need?

-One very important teaching need for the patient is how to develop a healthy and therapeutic coping mechanism, to relinquish her current maladaptive coping of alcohol abuse. She first needs to come to term and acknowledge that she has a drinking problem to even be able to start therapy. When trying to discuss how often she drinks, at first she stated multiple times that she doesn't drink and the reason she fell at the bar was because she tripped over her shoe. Further questioning she eventually opened up and said her best friend recently passed away and they use to drink together a lot. She then said that she usually drink five to six beers per day and has been doing so for a couple of years. She kept denying the fact she has a alcohol problem, no education was able to be given due to patient's greatly increased anxiety from previous assessment due to worsening alcohol withdrawals.

6) How did your expectations change as the simulation progressed? How did you adjust your nursing care to these new expectations?

-My expectations were the same at the end as they were before we even started. Based on the objectives stated on the simulation paperwork I expected the patient to be going through withdrawal from some type of substance. Really the only thing I didn't expect was for the patient to walk up directly behind us as we were getting her medication situated. The main thing I focused on was reassessment of the CIWA scale to determine progression of patient's alcohol withdrawal. Other questions were asked to try and gather more insight and information of patient's life and reason of drinking to be able to help.

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

Nursing | Flow Sheets | Provider | Labs & Diagnostics | MAR | Collaborative Care | Other

NURSING NOTE

Date	
6/26/24 1200	Entered patient room introducing self and verifying patients name and date of birth. On visual assessment patient is restless and unable to stay still. She is tapping her foot, tapping leg continuously, fidgeting with hands and arms. Patient was asked if she felt anxious and if so how bad from 1 to 10, patient replied she did feel anxious and was at a 6 out of 10. Vitals signs were obtained BP-150/90 HR-88, RR-16 SPO2 99% and Temp 98.6. CIWA questions were asked - Patient denied having a headache, sweating, nausea and vomiting, agitation and auditory hallucinations. Patient did complain of feeling itchy all over, visual hallucinatins of spiders in the sink which she stated, "I killed a few of them earlier", had visible tremors on assessment when asked to hold her arms out straight and was able to answer all orientation questions properly. After existing the room patient unknowingly followed behind to the med station. When asked why patient stated "just bored of my room and wanted to walk around". Patient asked "could you sneak a beer in for me, just put it in your pocket", Nurse replied no I cannot do that. Patient then sat in chair in the milieu where she further denies problems with alcohol when questioned. Patient asked when possibility of discharge, Nurse stated unsure of

	current discharge date due to need of getting through alcohol withdrawal and discharge date is up to the doctor. Patient was asked if she had any further question where she replied no and maintained supervision in the sitting area. No other needs at this time.

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

-Review more therapeutic communication techniques, make sure to speak up so everyone can hear me and provide education when capable to do so.

9) 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? Explain.

Before: Curious – wasn't sure who was playing the role of the patient
During: Unsure – I felt we were saying and doing everything we needed to but wasn't making much progress
After: Happy – happy sim was over to be able to get home and continue homework and studying