

**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:

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. I noticed that the patient was fidgeting by swinging her leg and tapping her fingers. I interpreted that this meant the patient was anxious and I kept an eye on her behavior to see if it got worse or better. I think my response was appropriate because we were medicating her for anxiety so checking on how much she is fidgeting would help us determine if the medication is working.

Describe your communication with your patient; was it therapeutic and professional? Provide one example of how you connected with your patient. I think my communication was mostly therapeutic and professional. It was difficult because she was in our space and it was an awkward situation, I tried to talk about various things going on in the milieu such as going outside and attending group therapies.

Discuss one example of your communication that could use improvement. What did you say? How would you reword this statement? Be Specific. I think knowing what to say and when to say it could use improvement, it is not necessarily what I said but more of what I didn't say. There was a lot of awkward silence, however, I did ask her if she wanted to brush her hair and she said it looked good and I agreed with her when her hair obviously could use some attention. Next time I should not make assumptions about appearance and find a better way to incorporate hygiene.

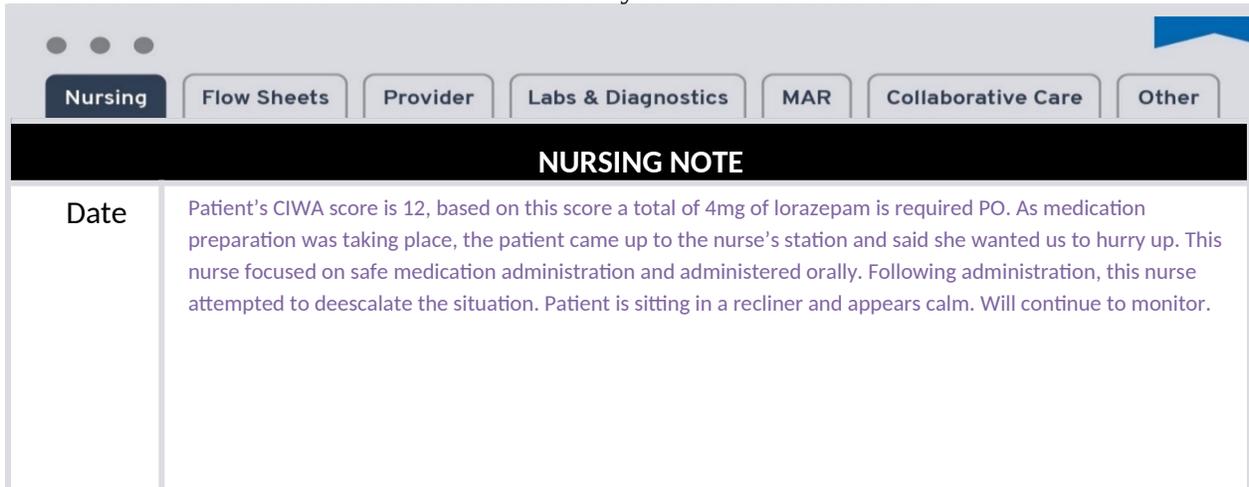
Provide an example of collaborative communication you utilized within the scenario (consider interactions with your student nurse partner as well as members of the interdisciplinary team such as lab, the healthcare provider, surgery, PT/OT, radiology, etc.). Anthony and I were trying to collaborate on what to say to the patient when there was some awkward silence. We discussed the CIWA scale and ensured we both agreed on the number as well as the dosage on the lorazepam.

Reflecting:

Describe one teaching need that you identified or implemented. What was the patient's response to that teaching need? I identified that the patient needed to follow up with a physician following discharge and the patient began to tell us how she did not like her doctor. I identified but I could definitely do better on implementing as I did not educate on specific resources available.

How did your expectations change as the simulation progressed? How did you adjust your nursing care to these new expectations? My expectations changed because the patient snuck up on me and I had to focus on giving her medications as well as trying to calm her down. I adjusted my nursing care because I made sure things were covered up as well as ensuring the patient could not get to any of the medications that were close to us.

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



The screenshot shows a software interface for writing nursing notes. At the top, there is a navigation bar with several tabs: "Nursing" (which is selected and highlighted in dark blue), "Flow Sheets", "Provider", "Labs & Diagnostics", "MAR", "Collaborative Care", and "Other". Below the navigation bar is a black header with the text "NURSING NOTE" in white. The main area is a table with two columns. The first column is labeled "Date" and is currently empty. The second column contains the following text: "Patient's CIWA score is 12, based on this score a total of 4mg of lorazepam is required PO. As medication preparation was taking place, the patient came up to the nurse's station and said she wanted us to hurry up. This nurse focused on safe medication administration and administered orally. Following administration, this nurse attempted to deescalate the situation. Patient is sitting in a recliner and appears calm. Will continue to monitor."

Reflect on opportunities for improvement. Based on your performance, what steps will you take to help improve your clinical practice in the future? I could improve on medication administration because I forgot to scan the medication label on the package. In the future, I will ensure that even though a patient is distracting me I need to focus on safe medication administration. I will improve on this by coming up with a plan on what to say if someone is distracting me to have the focus needed for safe administration.

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 the scenario I was nervous because I woke up late and I thought I was late and wouldn't have enough time to look over the objectives once more. During the simulation I felt very awkward just because it was hard to communicate. After the simulation I was very relieved as I had nothing to worry about. These words describe my feelings, and each describe a whole different way I was feeling throughout the simulation.