

**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.

One thing I noticed was my patient was tapping her foot and moving her hands quite frequently. I noticed these movements, asked if she was feeling restless, and then I documented it in the CIWA and I told the medication nurse. Her restlessness made me feel as if she was uncomfortable or experiencing stress, so I asked her if she was comfortable in the facility and with me as her nurse.

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

I believe I used therapeutic and professional communication with my patient. I used a respectful, nonjudgemental, and kind tone of voice. I used respect by addressing her by Ms. Lake. I asked open-ended questions to gather more information about my patient's admission. My patient was not responding in-depth, and I had a hard time understanding what she was feeling. I made observations regarding her alcohol level, injuries, and her restlessness. These observations allowed the patient to become aware of how others perceive them and promote the exploration of self. One specific way I was able to connect with my patient was by asking about her family and her coping mechanisms. This allowed me to understand my patient was grieving the loss of her parents and her friend.

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

One aspect I need to improve on is the awkwardness in my tone of voice and my facial expressions. It is very hard to communicate with a patient knowing multiple students and staff are watching. I struggle to concentrate, and my tone of voice seems very forced and unnatural. In the future, I will try to remind myself I need to ignore the surrounding viewers and just focus on giving excellent care to my patient. I will do a better job of tuning my internal thoughts down so I focus less on each of my actions and more on the objective of the patient.

I had planned to educate the patient about self-help groups and substance abuse clinics, but the time ran out before I had a chance to. In the future, education could be a topic I start with, so I do not miss an opportunity again. Education is important even when a patient is in denial because it allows them to hear that help is available to them whenever they are ready to take that first step.

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 was with the student medication nurse. After I was done with my CIWA, she and I discussed the score of four. After discussing it, the medication nurse re-asked the patient the questions and came to the same conclusion of a four rating. Together we both decided to not give any medications since she was not actively experiencing many withdrawal symptoms. This collaborative communication ensured our patient received professional and competent care.

Reflecting:

Describe one teaching need that you identified or implemented. What was the patient’s response to that teaching need?

One teaching need I identified was that my patient was in denial and needed to be educated on the severity of alcohol use and possible withdrawal symptoms. I brought facts to the patient’s attention and using evidence along with open-ended questions my patient admitted to drinking. Another factor I noticed was my patient’s unbrushed hair, socks that did not match, and an outfit they did not match. I had planned to ask my patient about her appearance and give education on any aspect that was needed. A third teaching need is access to substance abuse resources. Some of these resources are self-help programs like Alcoholics Anonymous, community mental health centers, substance abuse and addiction treatment centers, and more. The patient seemed to be in denial that there was a problem, and was more focused on going home than getting help.

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

As the simulation progressed, I realized my patient was going to continue being dishonest and guarded. I adjusted my care by providing facts instead of asking questions. I told the patient her alcohol level and her history from the chart. I changed my questions from “Do you consume alcohol” to “How much alcohol do you consume each night”.

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

NURSING NOTE	
Date	Patient was alert and oriented x4, was not interested in conversation, and was guarded. Patient denied alcohol use and addiction but after further questioning, the patient stated, "I have 5-6 drinks a day". She was anxious and scaled that a 4/10. The CIWA was completed and scored a 4, 3 points came from anxiety and 1 point came from agitation. The CAGE questionnaire was completed, and the patient responded "yes" to one of the four questions. Temp 98.6F, BP 150/90, O2 99%, pulse 84, and RR 12.

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

One aspect I need to improve on is having a more natural conversation with my patient regardless of the pressure of being watched. In the future, I will mentally prepare beforehand, and tune out my outside surroundings during simulation. Another opportunity for improvement would be my education. I had the referral resources memorized, and I had planned to educate my patient, but I got caught up in the stress of simulation and then I ran out of time. In the future, I will ensure I meet all of the objectives regardless of how stressed or overwhelmed I feel.

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.

During = overwhelmed

I chose this word because I was not expecting my patient to communicate minimally. I found it hard to carry on a conversation or learn more about a patient when they respond with uninformative answers. I was able to push through and gather the information I needed, but it made the experience challenging.

After = Happy

I chose this word because my simulation time was at 8 am, and I was ready to go back home and sleep! I also chose this word because having a live simulation was much more interactive and interesting compared to SimMan. I enjoyed watching Rachel and it was fun to be an observer. I also am happy that I did well on our only simulation of this summer semester.