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.

At first walking into the patients she was having tremors, anxious and admitted due to a fall. She was having visual hallucinations about spiders on the glove box. I though the best action was to get her Ativan. To get the Ativan I must perform vials and do a CIWA assessment on her. She has an history of drinking 6 beers a day. That is way I chose to due to CIWA

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

I think I used great therapeutic communication. The only unprofessional thing I did was move the spiders when the patient saw this on the gloves, also not wearing gloves. I also told her that I think she has been drinking. That inducted that I know she has been drinking and I thought she was lying.

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

I told her that "in the chart and the other nurse told me you drink 6 beers a day." I should have said "do you drink alcohol and how many drinks di you think you have a day." Telling her what I think or what I know will indicate that I already know the true and I would know if she is lying. Asking her question like I don't know her background will help to get trusting nurse and patient relationship.

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.).

I was talking to the patient about why she started drinking. She told me that her best friend passed away recently. I asked her if she has been depressed due to this. I offered mental health recourse and she agreed to do. I then used case management to set up an appointment for the patient.

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

One teaching method that was needed and that I used, was offering mental health services. She did allow me to make the appointment. Most people drink and social setting, then it leads to a drinking problem. Alcohol can have effects on your brain. They can lead to depression, anxiety. sleep disorders, and liver issues. The liver issues can only me caused with long term use (Harris, 2023)

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

No, I would not adjust my nursing care. I feel as if I did a great good with my therapeutic commination. I had suspicions that it would be one of the staff members. Knowing it was a teacher was relaxing. I felt like I could trust them.

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	Patient came to ED after having a fall. She has an abrasion to the left forehead, and a bruise to the right lower forearm. Pervious shift informed me that the patient drinks 6 beers a day. When walking into the room, patient was having hallucination to that there was spiders on the gloves, and I should get them off. Upon my assessment the patients' vitals were temp 97.8, BP 143/92, HR 78 RR22 O298% room air. Patient has tremors with arms extended, moderate to severe anxiety, mild itching in hands, and visual disturbances. CIWA score was 18. 4mg PO Ativan was given. She didn't complain of any pain. Patient denies drinking any alcohol. After further taking she did tell me should does socially drink.
	I asked that she been drinking more than normal. She told me her best friend has recent passed away and has been drinking more than normal. I also asked if she would like any mental health, she did say she would like that. Case management was contacted to set up and appointment with case management.
	Patient sitting in bed. Bed in lowest position, with two side rails up. Patient still showing signs of anxious after leaving beside.

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

I need to improve on trusting my patients. In the future I will be open with my patients, if they say they don't drink I need to respect their words. Even if the sign point to them lying.

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- excited. I wanted to see who was playing the part as the alcoholic.

During- annoyed " Davondre, I feel like that should be enough said. This therapeutic communication and facial expression need to be worked on. He is like this nonstop and it gets annoying at time.

After- relieved, I was ready to go home and get some lunch with my husband. Simulation day we can't talk until after both of us has had sim.

Harris, T. (2023). *Alcohol and Mental Health*. Mental Health Foundation.
https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/alcohol-and-mental-health