

**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 the patient looked anxious. The patient had a slight tremor that was occurring when she held her hands out. The assessment nurse did the CIWA scale and that is how I decided I would give the patient 2mg of lorazepam because she scored an 8. Which I used the CIWA scale in order to determine that the patient should receive the 2mg.

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

My communication consisted of explaining the side effects of her medications and ensuring she knows when to notify her healthcare team. My communication was therapeutic and professional. I connected with my patient when I was giving her the information she needed to know about her medication.

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

One part of my communication that I could improve would be I forgot to ask the patient's name, date of birth, and allergies. This is one of the easiest tasks that come with giving medications and I was nervous and completely forgot it. I would like to remember to ask this next time especially because it is important to ensure I have the right patient and to check the patient's allergies. I completely forgot to ask this so next time I would like to ask the patient's name and date of birth before giving any medication. I would also like to ask about the patient's allergies before administering any medication. I was more focused on ensuring the patient was okay with me giving her the medication and I also was more worried about ensuring I told her about what I was giving her.

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 was that I asked the assessment nurse what her score was for the CIWA scale and then we both looked at the medication record to determine how much lorazepam should be given to the patient. The assessment nurse did the

full assessment, and I administered the medication to the patient. I also used the assessment nurse's vital signs that she had taken to allow me to know the patient's blood pressure before giving her the medication. The medication was called metoprolol that she had scheduled. It is important to have a blood pressure before giving any antihypertensive medications.

Reflecting:

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

I personally did not do any teaching with the patient other than explaining the side effects of her medication and when she needed to report specific findings to the healthcare staff. The patient only responded by saying okay which I found was better than no reply. This meant she listened to what I had explained to her.

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

My expectations as the simulation went on changed once I noticed the patient's anxiety was getting worse and that she was starting to wander around. I was not expecting that to happen, and I thought the lorazepam would have helped more since her CIWA scale was an 8 but eventually in four hours she was able to get 4mgs due to her CIWA scale increasing. I adjusted my nursing care by giving the patient the medication she could have that would help her anxiety and the other members in my group used therapeutic communication and talked to the patient. This helped show that we care and want to listen to what she has to say.

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

The screenshot shows a software interface for entering 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 form with a table structure. The first row has a column for "Date:" containing the text "6/26/24". The second row is a large text area containing the following text: "Upon entering the room, I noticed the patient was fidgeting, slightly restless, and was anxious. Daily medications were given along with lorazepam 2mg according to the CIWA scale. Patient scored an 8. Pt took the medication well and will be reassessed in 30 minutes. Safety is ensured and pt is sitting up in bed." Below this text is the name "Destiny Houghtlen".

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

My opportunities for improvement would be I need to work on focusing on the patient and not just the task at hand. This ensures the patient knows I care about her and what she is going through. It also shows I want to help and give her the resources she needs. I also need to ask

the patient's birthday, name, and allergies before I give any medications. This way I ensure I'm giving it to the right person and that they are not allergic to it.

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 simulation I was nervous. I chose this word because I was extremely nervous that it was going to be a live simulation and I was not sure what to expect. During the simulation I felt focused. I use this word because I was focusing on the tasks at hand. After the simulation I felt relieved. I felt this way because I was able to get through the simulation and it was not as bad as I thought.