

**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.

When the patient started to yell and tell me that there were spiders all over the gloves I was putting on, I interpreted it as she might be going through alcohol withdrawal. I asked her how long she had been seeing the spiders, and if she had been seeing anything else. She responded that she had not seen anything else and had only been seeing the spiders for a little bit. I decided to do the CIWA scale on her, and got a score of 23, which then the medication nurse had administered lorazepam to the patient.

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

I felt like my communication was professional and for the most part, therapeutic. I made sure to not to judge her for the way she handled things in her life and keep it a safe place for her to share her feelings. She had said she lost her friend recently and she was sad about it, so she started drinking more beer than she had been before.

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

I feel like I could improve upon my therapeutic communication, because I had asked the patient if she had any friends back home to talk to. This could have come across as being judgmental about her not having friends. I would reword this statement by asking her if she had a support system at home. It sounds a lot more professional and empathetic.

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 collaborated with my student nurse partner a lot when it came to the education for the patient. The patient started to walk out of her room and was right behind us when we were doing the assessments. She had said she was feeling anxious and didn't want to be in her room, so we started bouncing ideas off of each other to help her cope with the anxiety.

Reflecting:

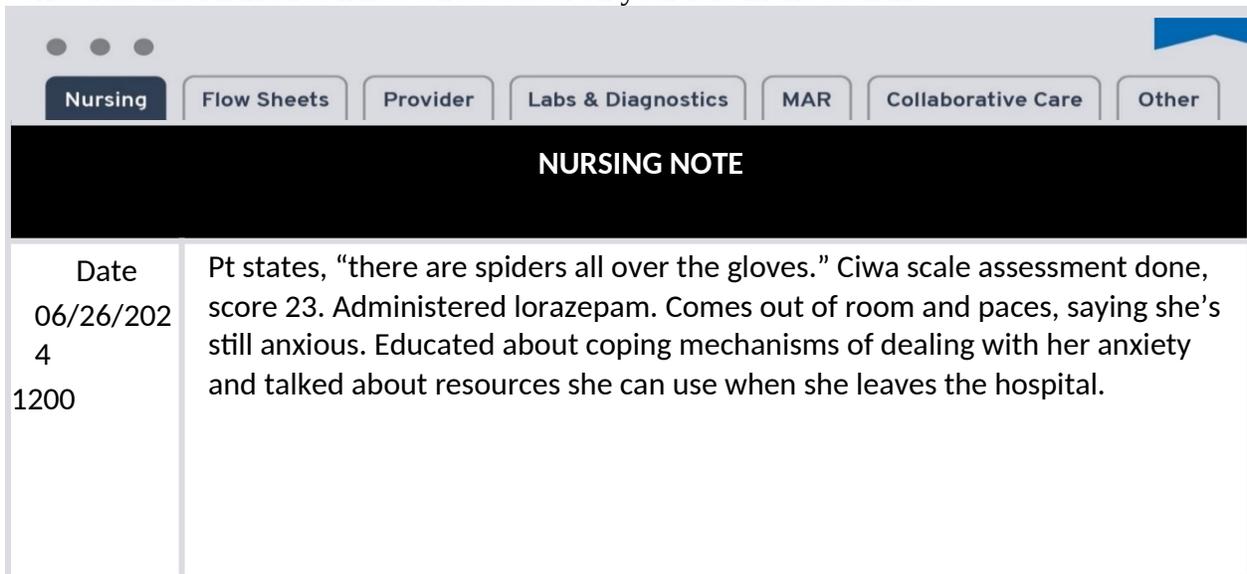
Describe one teaching need that you identified or implemented. What was the patient’s response to that teaching need?

I identified that the patient needed to talk with her doctor about the medication she was receiving for her depression at home, because she had been taking it for a couple months and wasn’t seeing a difference. I had brought up that she might want to talk to them to get on a different medication or another one for the anxiety that she was feeling. The patient’s response was just “ok,” she may have not been in the right mindset to be getting this education at the time.

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

My expectations changed during the simulation when the patient walked out of her room, because I never had a patient be in my personal space like that, and it was a curveball for me. I had to think about ways to get her back to her room or a place where she wouldn’t be so close to us. I don’t think it’s safe for either the patient or the nurse when you have a patient who is in your personal bubble, I personally think it gives room for a patient to escalate fast.

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 large black header with the text 'NURSING NOTE' in white. Underneath the header is a table with two columns. The first column is labeled 'Date' and contains the text '06/26/2024 1200'. The second column contains the text: 'Pt states, “there are spiders all over the gloves.” Ciwa scale assessment done, score 23. Administered lorazepam. Comes out of room and paces, saying she’s still anxious. Educated about coping mechanisms of dealing with her anxiety and talked about resources she can use when she leaves the hospital.'

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

Therapeutic communication is something I can really improve upon because I’m not used to it and sometimes, I say things that could trigger a patient into thinking I’m being judgmental or rude. I will go over the therapeutic communication techniques in the book and really think about what I say with patients who are going through psychiatric problems.

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: Nervous – I always feel nervous before doing simulations because even if I know the objectives, there can still be curveballs that throw me off.

During: Awkward – I felt a little bit awkward when the patient started to walk out of her room and up to us, I was racking my brain to come up with something that would get her back to her room when I could have just had a therapeutic conversation with her.

After: Defeated – This is because I felt like I didn't do much with my patient. I only did her vitals then when she got up and started walking around the room, everything else I knew went out of my brain. I felt like this scenario could have been a lot better for me, if I just knew what to say to the patient.