

**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.

Something I noticed was that the patient was denying alcohol use and seemed to be anxious while I was assessing her. I interpreted this to mean that my patient was starting to experience withdrawal from alcohol since she came in to the ER after falling and having 2.5 drinks, and typically drinks a 6-pack a day. I was able to offer her ways to cope with her feelings and anxiety such as yoga, breathing exercises, going for a walk, and meditation. I think this was appropriate because after doing the CIWA scale, I totaled her score out to a 3, and per protocol, we were not to give the Lorazepam. Therefore, I think educating the patient on effective coping skills was appropriate because she was not given the antianxiety medication, so it provided other ways for her to hopefully cope with her anxiousness.

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

I did not feel confident in how I communicated with my patient. It was hard to start conversation because she would respond to me in a one- or two-word answer, and not elaborate on how she was really feeling. I think overall I was professional towards the patient and respecting her privacy and decisions. I was thinking that she was lying when she said that she didn't drink alcohol, but I did not say anything because I wanted to be nonjudgemental towards her. One of the ways I think I connected with my patient was when offering her education on different resources she had open to her when she was out of the hospital. She seemed to be a little interested, and Essence and I wanted to give her something to help her in her recovery that she could go to and express herself.

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

I think my communication could use improvement in starting conversations with my patient, as well as some of the responses I had. When I would ask my patient a question and she would respond, rather than trying to elaborate and have her open up a little bit more, I tended to just respond with "okay" or "yes". Rather than saying this, I could rephrase it to, "tell me more" or

“why do you think you are feeling this way”. This would allow me to hopefully continue the conversation and not let it just die out by responding with one word.

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.).

During the simulation, the communication between Essence and I was pretty good. I think we could have worked together a little bit better regarding time management, since we took quite a while to meet the objectives. When we were discussing the CIWA score and the medications that we needed to give the patient, I was confused why Essence was not giving her all of the other meds, but I was afraid to question her. However, I did think we did a good job realizing that we needed to educate the patient on coping skills and resources she had available. We were able to go into the room and discuss them together with the patient who I think appreciated it.

Reflecting:

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

The only teaching that Essence and I identified and implemented was the need for coping skills and resources for when the patient was discharged from the hospital. I think the patient responded well to the teaching because she seemed interested in going to the Sandusky Artisans when she was discharged.

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

Going in to the simulation I had no idea what to expect. I had no clue who the patient was going to be, as well as how they were going to react. It was hard to be serious and focus since the patient was Heather, and I was nervous in general. Once I was able to start assessing the patient, I relaxed a little bit, but was expecting something dramatic to happen, but nothing ever did. I was trying to stay alert to what the patient was doing the whole time to make sure the withdrawal symptoms were not getting worse. I was expecting to have to give Ativan to the patient per CIWA protocol, but since that was not the case, Essence and I adjusted to educating her rather than giving her medication for her anxiety.

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

NURSING NOTE	
Date	Pt was admitted with a fall from home and had 2.5 alcoholic drinks prior to the fall. Mental status examine was performed, and patient was alert and oriented to answering questions, however she did seem anxious and restless. CIWA scale was performed, and pt scored a 3, so no Ativan was given per protocol. Pt was educated on coping skills and resources available after discharge.

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

Walking out of this simulation, I felt completely defeated. I knew I had done good things throughout the simulation, but all of the needs for improvement seemed to just linger in my head. Moving forward I would like to look back and review ways of therapeutic communication and some tips for starting and continuing conversations with patients as well as standing up for myself when I am questioning what my partner was doing, because we are all here to help each other and learn. I think it's definitely different being in a simulation that is scripted rather than going out in clinical, but I feel like I learned so much from this simulation, and I will take it with me during my next clinical experiences. I want to try to remember that it is okay to make mistakes, as long as I learned from them, which I did. My biggest takeaway though would be the therapeutic communication with patients, and time management. Essence and I got a little too caught up on the fact that our patient was going through alcohol withdrawal and messed up on medication administration, so going forward, I was to try to look at the big picture, rather than focusing in too much on one thing.

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.



1. I was nervous going into simulation because I knew it was not going to be like the other ones we had done before. I was also anxious because I had no idea who the patient was going to be.



2. There were so many times during simulation where I got to a point and I had no clue what the next step was. However, we were able to talk with each other and discuss the best option of what needed to be done next.



3. This was most definitely the most stressful simulation so far, which I was not expecting. It was very stressful, but I am so glad it is over with for the semester.