

**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 was the assessment nurse. I assessed vital signs, asked about pain, did two patient identifiers, asked if she had suicidal ideation. One thing that I noticed was that the live patient was experiencing tremors in both of her arms. I responded by observing the tremors and marking on the CIWA scale appropriately so the medication nurse was able to administer Ativan as needed to help lessen the symptoms. I felt that what I did was appropriate to the scenario. For patients going through alcohol withdrawal, you want to get medication in them as soon as possible to prevent delirium tremens.

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

I personally felt that I struggled with communication. The patient seemed to be in denial and did not want to admit that she had a drinking problem. You have to take what you can get, and go with how the patient is answering. You do not want to come off as “accusing” them. I asked the patient to hold out her arms and she said she couldn’t, so I asked “are you not able to? Or do you not want to?” I feel like I could have worded that a little bit better. But however, you do want the patient to take assessments seriously because if something is missed, it can cause serious harm or death. I felt like I tried my best to reorientate the patient when she got behind the medication nurse and I when we were looking at the MAR. I suggested to sit in her chair and she declined.

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

(see above answer). I felt like I could have re worded “are you not able to? Or do you not want to” a little better because the patient was agitated and could have taken that differently. I could have educated the patient on the importance of an accurate assessment so we are able to provide the care that she needed, in hopes that she would have taken the assessment seriously.

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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.).

My partner and I were at the nurse's station where the patient got up behind us. The medication nurse and I both tried re orientating the patient to go to back to bed, or to have a seat in her chair. Patient declined; however, the medication nurse was able to eventually get the patient to sit down in her chair to administer her Ativan that she needed based off her CIWA scale.

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Reflecting:

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

One teaching that I identified was healthy coping mechanisms and also discussing support groups. I would have implemented this by acknowledging her feelings and empathize with the patient. I could have brought up support therapy groups, and alcoholics anonymous. In hopes of the patient being agreeable to getting help. The patient was depressed about her friend passing away and she was not in her right state of mind. It is important to ask about suicidal ideation, and get her the proper care that she would need.

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

I always feel like I could have been better or did things differently. I learned that I do not want to work in psychiatric nursing. I feel like it would be challenging as the nurse on how to respond a certain way and not to come off as sounding aggressive to where the patient would act out.

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

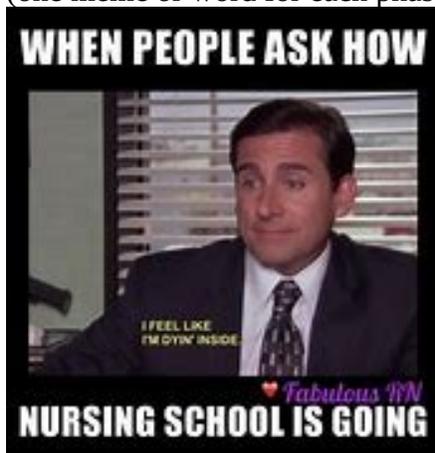
The screenshot shows a software interface for a nursing note. At the top, there are several tabs: 'Nursing' (selected), 'Flow Sheets', 'Provider', 'Labs & Diagnostics', 'MAR', 'Collaborative Care', and 'Other'. Below the tabs is a header for 'NURSING NOTE'. The main area is a text entry field with a 'Date' label on the left. The text in the field reads: 'Patient scoring on CIWA scale. CIWA scale score was 19. PRN Ativan given per order. This nurse and medication nurse tried re orientating patient to go back to bed or to sit down in chair in room. Patient agreed to sit in chair.. Patient reported she ate all of her breakfast and denies pain when asked. Denies nausea and vomiting when asked.' At the bottom left of the text area, the number '62' is visible.

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

I could work on therapeutic communication. I feel like every one struggles on the right thing to say. Therapeutic communication will come as I practice more in sim lab and at work. It is important to acknowledge the patients' feelings, and you have to take what they are saying as the truth.

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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.



Picture speaks for itself. This has been a stressful and overwhelming week. Especially have two clinical days and simulation. Have to take nursing school one day at a time. I learned to go with the flow, and follow my weekly planner to make sure all of my assignments have been submitted by their due dates.

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