

**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 that I noticed was that the patient had a score of 3 on the CIWA scale. I interpreted this as a sign that the patient was not currently experiencing any symptoms of withdrawals from alcohol. I responded by not administering the PRN medications ordered and just administering the patients regularly scheduled medications. I feel that my response was appropriate because if she is not experiencing symptoms of withdrawals or nausea and vomiting, the PRN Lorazepam and Metoclopramide are not necessary to give because they are not needed in this exact moment.

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

I did not have very much communication with the patient aside from communicating on the medications that I would be giving her. I did assist in educating the patient on some ways in which she could possibly relieve her anxiety without the need for using medications and I also educated the patient on some community resources that I felt could be useful for her. I believe that the communication I had with the patient was therapeutic and professional. I made sure that I maintained eye contact with the patient as I was speaking to her and made sure that I was always facing when speaking to her as well as when she was speaking to me to make sure that she would feel that I was interested in what she was saying not matter what she may have been talking about.

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 be improved by knowing things that may not need to be told to the patient. I told the patient that her CIWA scale score was a 3 so she didn't need the PRN medications that she would be given had her score been higher. I should not have told her that because she had been denying any use of alcohol already and had she asked what the CIWA scale was for she may have become agitated that we were testing

her for symptoms of withdrawals from a substance that she had been adamant that she was not using.

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.).

In this scenario I collaborated with the assessment nurse. She gave me the result to the patient's CIWA assessment so that I would know if I had to give the patient medications to counteract the symptoms of withdrawals as well as the correct doses that would be needed had the medication been needed. She also informed me of the patient's mental status and vital signs. I also collaborated with the incoming assessment and medication nurses during the change in shift where I informed them of the medications that were given to the patient as well as the education that I provided the patient.

**Reflecting:**

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

I identified the need for teaching about effective ways to cope with mild anxiety without the need for medication. I spoke to the patient about using deep breathing and demonstrated and had her take some breaths with me as well a few times. I also educated her on doing yoga to help her relax some as well as using meditation as well to help her relax and clear her mind of whatever may be making her feel anxious. The patient seemed open to trying the suggested techniques. She responded by nodding and saying that she would try it.

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

I expected something more intense going into simulation I expected an extremely agitated patient who was withdrawing severely but as simulation progressed, I began to expect that the patient would maybe realize that she had a problem with alcohol that should be addressed because she denied the fact that she drinks at all. I adjusted my care by calmly doing the tasks that I was required to do without being on edge about how the situation could escalate and I also educated the patient on resources that she could use not only for alcohol use but also for her mental health to see if she would be more willing since it was not strictly related to use of alcohol.

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

NURSING NOTE	
Date	Patient CIWA score: 3. No need for PRN medications for managing symptoms of alcohol withdrawal. Scheduled medications administered as ordered. Taken whole with water. No pocketing.

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

I think I can improve by not getting so caught up in the substance use side of the scenario and make sure that I pay attention to the patient. I realized as the simulation was going on that I had a moment where I was thinking that I did not have to give any meds just because the patient did not need the PRN meds. I will improve my clinical practice by always reminding myself that all scheduled meds should be given as ordered unless there is something that contraindicated the order or the doctor changes the order or says not to give the medication.

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

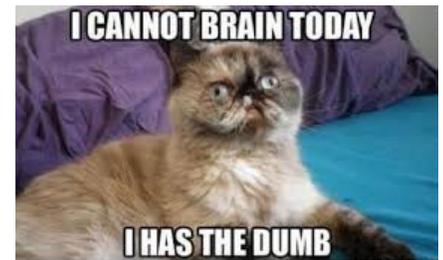
this hedgehog is cheering for u bc u can do anything



2



3



I chose the first meme because I was confident that I would do well going into this simulation. I had reviewed all the needed materials prior to sim, and I felt that I was prepared.

I chose the second meme because I feel like I am perfectly fine and capable of doing what I need to do as far as patient care until I know that the instructors are watching. I feel like just knowing

that we are being watched on the other side of the glass makes me forget everything that I am supposed to be doing in the moment because I get super anxious.

I chose the last meme because I felt really dumb for thinking that I didn't have to give the scheduled meds just because I didn't have to give the PRN ones. That is something that I definitely know I am supposed to always do so I have no idea why I even began to think that I wouldn't have to give the scheduled medications.