

**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 my patient was very fidgety and could not sit still. I interpreted this as she was anxious about being in the psych ward or possibly from her alcohol withdrawal. I responded by asking her the questions on the CIWA scale to see if she qualified for Ativan. Her CIWA scale was too low for me, so I ended up giving her her normal everyday medications. I do feel my response was appropriate. My patient was not far enough into her withdrawal to receive Ativan. So instead, I gave her the medications she takes every day. My patient has a history of mental health issues so I determined that her medications would help calm her anxiety even without the Ativan.

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

I do believe that my communication was professional, but being the medication nurse, I did not have much opportunity to have a full therapeutic conversation with my patient. One way I connected with my patient was by explaining her medications to her. Before giving her medications to her, I went over all of them. I explained to her that I had Ativan and Reglan PRN if she needed them as well. She then explained to me that she was anxious, so I redid Lindsey's CIWA scale, and my score was also too low for Ativan. I then explained to the patient how the CIWA scale works and why I couldn't give her Ativan at the time. I did try to ease some of her anxiety by letting her know that it is there if her withdrawal gets too out of hand.

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

I did not say this statement to my patient, although I did tell Lindsey to say it so I will take credit for it. I told Lindsey to ask the patient about the passing of her best friend that occurred recently. This could use improvement because we should've allowed the patient to bring the topic up herself when she felt comfortable doing so. Asking the patient right off the bat about something so detrimental to them could set them off and make them uncomfortable talking to you at all. We should've made small talk with the patient first asking them smaller questions therapeutically to allow the patient to become comfortable with us. This would've allowed the patient to bring the topic up on her own and made talking about it a little easier without setting them off.

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.).

One example of collaborative communication we used was reporting the patient's vitals and assessment results to each other. Lindsey, the assessment nurse, went and got vitals and completed the needed assessments with the patient. She then brought those results to me so I could use them to determine if the patient needed Ativan or not.

Reflecting:

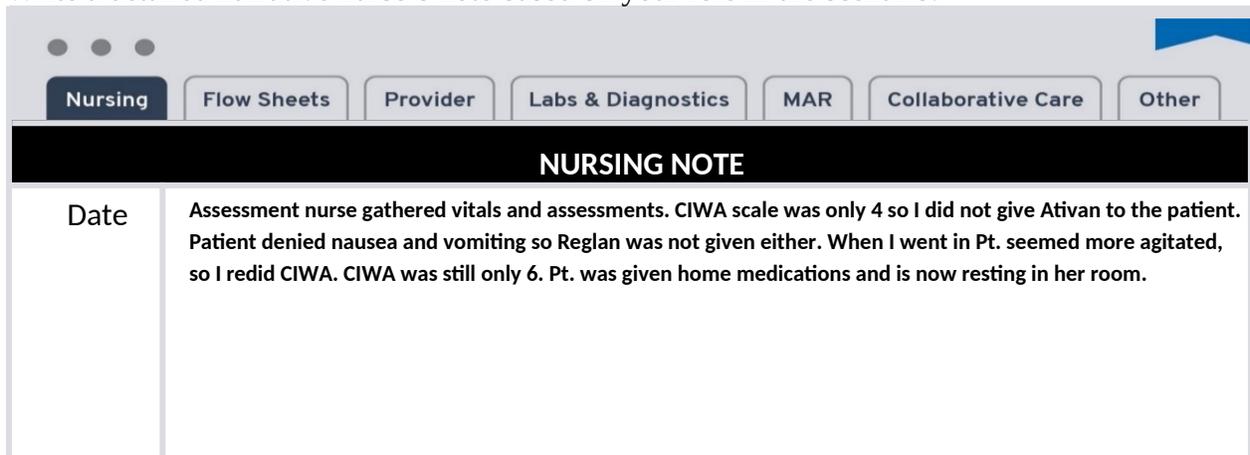
Describe one teaching need that you identified or implemented. What was the patient's response to that teaching need?

One teaching need I implemented was teaching the patient about all of her medications. The patient had quite a few medications to be given so I made sure to explain what all I was giving and what they were used for. I also explained the PRN medications that were prescribed to the patient for her withdrawal. The patient did not have much of a response as she did not seem to want to participate in her care while Lindsey and I were in there.

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

My expectations changed because I expected the patient to be exhibiting more withdrawal symptoms than what she was. I adjusted my care by being sure to give appropriate medications based on her assessments and taking the opportunity to talk to the patient and gather information while she was still alert enough to do so.

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



NURSING NOTE	
Date	Assessment nurse gathered vitals and assessments. CIWA scale was only 4 so I did not give Ativan to the patient. Patient denied nausea and vomiting so Reglan was not given either. When I went in Pt. seemed more agitated, so I redid CIWA. CIWA was still only 6. Pt. was given home medications and is now resting in her room.

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

I feel as though there were a lot of areas for improvement based on this simulation. In the future I will be sure to properly give medications. I will be sure to ask the patient their name, date of birth, and ask if they have any allergies. I will also be sure to scan the patient's wrist band and scan the medications in the EMR. I will also be sure to give

education on areas that need it while the patient is alert enough to receive information about their care and future steps after leaving the unit.

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-



I chose this picture because after reading through the objectives for the simulation, I felt as though I knew what I was doing for the most part. I knew how to do the CIWA scale and use the scale to give the appropriate amount of Ativan.



During-

I chose this picture because I felt very overwhelmed during the simulation. The patient did not want to participate in their care and was not willing to give us any information about how they were feeling or what they needed. This made it hard to determine what medications to give and how to further proceed with their care.



After-

I chose this picture because I was very disappointed with my skills during this simulation. I forgot the most simple of tasks during my medication administration. I also forgot to educate my patient on resources they could've used after their discharge from the unit. I know now to not forget my job as a nurse no matter how overwhelmed or frustrated I am with the situation.