

**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.

One thing I noticed about the patient during this scenario was that she was not staying in her room and seemed anxious about being in bed. She came up behind the other nursing student and I and was asking what we had for her, if we could get her and sneak in any beer, etc. I interpreted this as her anxiety getting worse as she had not done this earlier in the day (prior scenario). I responded by trying to redirect the patient back to bed for the time being because she was being interruptive to the nurses. It took a little bit of time to redirect the patient and she even refused a few times to go back to bed. I finally got her to sit down in the chair, and even though it wasn't the bed, I was able to redirect her to where it was a more appropriate place for her. Furthermore, I administered lorazepam to help reduce the patient's anxiety.

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

I had minimal communication with the patient throughout this scenario. We had only communicated in two different situations, and they were brief conversations. I had communicated with her when she came up and interrupted while we were looking at the MAR and doctor's orders. I also had communicated with her during medication administration when I gave her something for her anxiety. I believe that I was professional in both situations; however, I could have been more therapeutic in both as well. I feel like I can be good with therapeutic communication in some situations and in others not so much. I had really good therapeutic communication during actual clinicals but today it could have been improved. I was caught a little off guard when the patient came up behind me like that and had to try to redirect with therapeutic communication quickly. One example of connecting with the patient was when I was able to help redirect her back to the chair. Also, she was just very defensive it seemed like and just wanted a beer to take medications with. With more experience, I feel like I can certainly respond in more therapeutic ways. There's just so many different situations and conversations between the patient's and I and there's a lot of room for improvement in relation to therapeutic communication. Not that it wasn't completely therapeutic, I just feel like it can

be improved, and I need to gain more confidence in having those types of conversations with patients.

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

One example of my communication that could be improved was when the patient and I were communicating during medication administration. I forget exactly what I said but she asked to have her medications with beer, and I said no they will be taken with water. In my portion of the scenario, she seemed fixated on alcohol and was even asking us to sneak it in for her so I believe it would've been smart to explain why they won't be taken with beer instead of just saying no. I could've improved with specifically saying something along the lines of, "Your medications should be taken with water. Especially this medication, it's for anxiety and could have a potentially dangerous interaction if you were to take it with a beer. Alcohol also increases your risk of interactions with any of the other medications you received today as well. For your benefit and health, water is what your medications should be taken with."

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 had no communication with anyone other than the other nursing student and the patient in this scenario. Therefore, an example of collaborative communication with my other nursing student was looking at the binder together. She didn't know if the last page, the mental health assessment had to be reassessed with the CIWA. I told her that it should be reassessed at this time and the patient was able to get the appropriate assessments.

Reflecting:

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

One teaching need I identified was the patient trying to take medications with alcohol. I didn't actually implement any education with this identification, but I should have. I always tell myself before simulation to identify education points and educate on them but in the moment, I never do it. In future simulations, I will try and make it a priority for the patient to be educated on points that need it.

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

We were going through the simulation and then all the sudden the patient was standing behind me and asking us to sneak in alcohol, refusing to go back to bed, etc. In the moment I expected that I may have needed to get someone else involved; however, we were able to redirect and solve the problem.

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

NURSING NOTE	
Date 6/27/24	The assessment nurse performed the appropriate assessments on the patient and relayed the pertinent information to me that I needed. The protocol was followed in relation to the assessment and the patient was given lorazepam 4mg PO to help reduce anxiety levels. During the scenario, patient had gotten up out of bed and walked out of the room to the nurse's station. She was then redirected back to the chair 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?

Opportunities for improvement are therapeutic conversation with the patient and finding educational points and implementing education into the scenarios. I will continue to improve with therapeutic communication and try and make it a priority to educate the patient on important points.

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 was nervous because this simulation wasn't like anything we've done before, and I honestly didn't know what to expect. During: woah. I literally said woah when the patient came up behind me. It caught me off guard, but we kept moving forward. After: relieved. It's always relieving finishing a simulation and I was relieved that I didn't make any mistakes, there were just things I could've improved on.