

**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 was when assessing the patient was her itching the top of the head. I interpreted this as a sign of withdrawal and used the CIWA scale per protocol to document these findings. We responded by giving her Ativan 4mg PO. I feel that this was appropriate given her score of 22 and the protocol being >12 indicates Ativan.

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

I connected non-therapeutically and professionally when I told the patient I wasn't able to bring alcohol into the hospital and she kept prying at me that it's "just 2 shots". One way I connected with my patient was restating her statement related to her best friend who had just died by saying, "yea it hard to lose a good friend".

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

I could've improved my communication when the patient had hallucinations by saying I don't see the spider. In that way you aren't calling a patient a liar and also aren't enabling them to believe spiders are actually crawling on the desk.

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 communication within the scenario was comparing Paige's and I's CIWA score and once they were both about the same agreeing to tell Monica the scores that resulted in giving Ativan per protocol.

Reflecting:

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

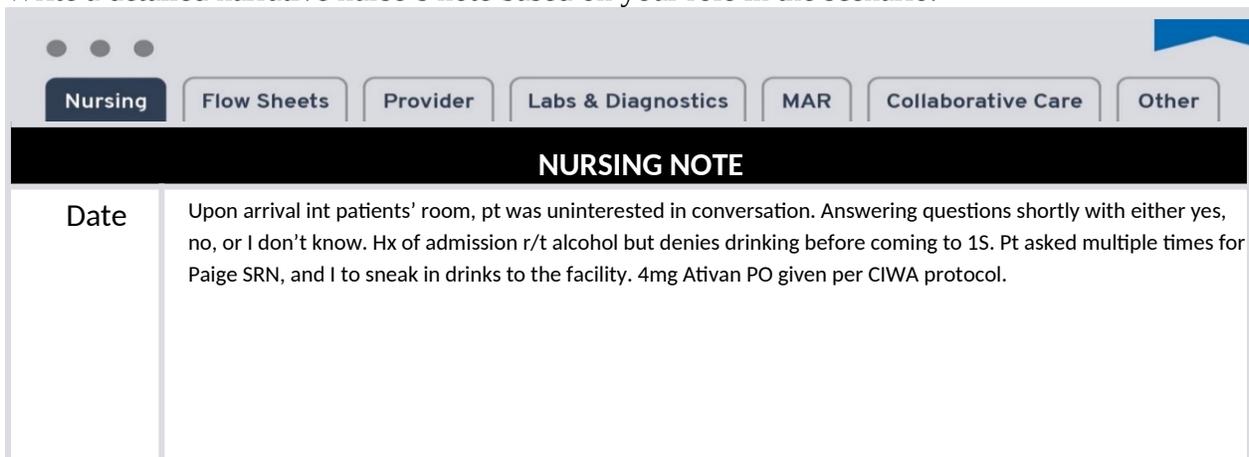
One teaching need that I identified was the need for better coping mechanisms since her best friend had died recently instead of drinking. Pt denied the need for coping mechanisms such as talking with someone about her problems. Stated that the people here on 1S agitate her and don't help. I also tried to talk with the patient about AA (Alcoholics

Anonymous) and explained how they help people get over their addiction and support them through the tough times. A therapist might've also been a good recommendation to start with instead of AA because she was in heavy denial r/t a drinking problem. A therapist could talk more in depth about the death of the best friend and how it had impacted her life since she passed.

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

My expectations changed when the pt symptoms progressed to a 22 CIWA. Before she was only at a 4 on the scale and didn't have any noticeable physical symptoms. We then adjusted her care per the CIWA protocol by administering Ativan 4 mg PO. As the medications were being prepared to give to the pt she started to wonder around the unit asking us to sneak drinks into her, which was new. I hadn't encountered a patient like this before so was initially hesitant on what to say. Obviously I explained that alcohol wasn't permitted in the hospital and that the Ativan should help relive some symptoms of withdrawal.

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



The screenshot shows a software interface for writing a nursing note. At the top, there are several tabs: "Nursing" (which is selected and highlighted in dark blue), "Flow Sheets", "Provider", "Labs & Diagnostics", "MAR", "Collaborative Care", and "Other". Below the tabs is a black header with the text "NURSING NOTE" in white. The main content area is a table with two columns. The first column is labeled "Date" and is currently empty. The second column contains the following text: "Upon arrival int patients' room, pt was uninterested in conversation. Answering questions shortly with either yes, no, or I don't know. Hx of admission r/t alcohol but denies drinking before coming to 1S. Pt asked multiple times for Paige SRN, and I to sneak in drinks to the facility. 4mg Ativan PO given per CIWA protocol."

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

Based on performance I could've improved my therapeutic communication and become more familiar with the CIWA scale. When assessing the patient CIWA scale it was the first time doing it on a real life patient, so I didn't have it memorized and often had to look into the book to ask questions. This could give the patient more anxiety because of me constantly looking down and asking questions in general since she was in denial. I tried to establish a rapport and trusting relationship with the patient but was difficult at first because they were so blunt and didn't give much feedback into how they were really feeling. Each patient is different with communication and how quickly they get agitated. After asking a few questions about alcohol withdraw I could tell she was getting more and more agitated because she didn't think she had a drinking problem. I asked her about John the brother related to him helping her at home and frequently checking to see how she was

doing. The patient, after asking if her brother help, then stated, “yea he’s my brother” but nothing further. I will gain more experience at clinicals talking therapeutically to the pt to build on my knowledge and hope for improvement in the future.

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.

When I first walked into the room to find heather bruised up and psychotic.



Me when the patient said they didn't have a drinking problem.



When I heard Monica on the speaker saying that we were done.



