

**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 650 mg orally.) Do you feel your response was appropriate?

Explain.

I noticed that the patient was a little bit different from the previous shift. I noticed that she now was having visual hallucinations as well as tremors to her hands which were not there before. I responded by listening in to my peer asking her the CIWA Scale and getting the medication ready, but I interpreted that she is having alcohol withdrawals now. I then also responded by giving 4 mg of Ativan PO to the patient. I feel my response was appropriate because going through alcohol withdrawal can be a very dangerous thing, so giving her the medication was the best thing for her health and safety now.

Describe your communication with your patient; was it therapeutic and professional?

Provide one example of how you connected with your patient.

I feel as if my communication was therapeutic because I tried to build a relationship with the patient by asking her how she was doing today, asked her if she wanted to talk about anything, and tried to give her other things to try to sip on because alcohol isn't the best thing for her right. I tried to change the topic to try and talk about something else, like how she was feeling to try not to think about the alcohol that she was wanting. I connected with my patient because she told me about her best friend that passed away and I asked what they liked to do together.

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

I would improve some of my therapeutic communication that I used. The patient walked up to me and my nursing partner and asked if I got her some alcohol at the gas station. I then stated that we could not but there were other drinks that we could offer her, like juices, water or even ice cream. I would improve this statement by saying let's try other ways to cope. We can find her other ways to cope with how she is feeling and try those to help her deal with her feelings. 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 used collaborative care with my student nursing partner. He asked the questions and did his CIWA scale and I listened in while also doing the CIWA scale myself as

well. We then collaborated to see what each other got on the CIWA Scale to determine the amount of medication to be given. We also collaborated to determine which interventions would be best for the patient and concluded that offering the idea of AA could potentially be helpful for the patient. We also collaborated by using therapeutic communication with the patient because she came to both of us and was talking and we did our best working together to have the conversation be therapeutic and beneficial to her.

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 to get support out of the hospital. My nursing partner and I determined that she would need additional support outside of the hospital, like AA or even support groups for grieving. We determined that together and then he mentioned the idea about AA after the hospital stay to her. The patient responded to us by saying she does not have a drinking problem and she does not need AA and we then advised her that it was just a good support group that she could potentially benefit from.

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

I did not have any expectations to begin with. Listening to report I wanted to be cautious and have an open mind about what she was thinking and feeling like. As the simulation progressed my expectations were to make sure she was safe and for her symptoms to subside so my main priority was to administer medications so that her symptoms would not progress any further and get worse. I adjusted my nursing care to these expectations because she was up roaming around "in the halls" as well as showing worsening symptoms of alcohol withdrawal. I wanted to ensure I was giving her the care she needed to be able to maintain safety because she was already injured, as well be free from worsening symptoms.

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

NURSING NOTE	
Date	Dylan SRN communicated that the CIWA score was 22. I administered 4 mg of Ativan per CIWA scale protocol after assessing the patient's allergies and verifying 6 rights of medication administration.

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

Some opportunities for improvement would be therapeutic communication. It was difficult for me because every patient is different and you have to watch what you say and how you say it

with every patient because all patients react differently to your words. Based on my performance I will continue to work on having therapeutic communication with my patients regardless of what floor I am to help improve it as much as I can. Working with more live patients will help me to keep improving.

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.



Me before simulation when I was walking into the simulation room not knowing what to totally expect.



Me during the simulation watching Dylan do the CIWA scale even though I was very well doing my own too.



Me after simulation after we just completed our first simulation with a live person and taking it seriously.