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 in the first part the patient was sitting there slouched over. I interpreted this to mean my patient was experiencing sadness, anxiety, expression, and alcohol withdrawal. I responded with administer metoprolol tartrate, Multivitamin, Thiamine, Lansoprazole, Folic Acid and Amitriptyline to help lower her blood pressure, increase her vitamin deficiencies, and help with anxiety and depression. I felt my response was appropriate because it is going to increase her vitamin deficiencies and lower her anxiety and depression levels.

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

Communication with my patient was therapeutic and professional. Before giving medications, I introduced myself, asked for her name and DOB and asked if she had any allergies. I then asked how she was feeling, she said that she was ok. I then explained each medication that I was going to give to her. After explaining she took the medications, and I checked her mouth to see if she swallowed them all. I asked if she needed anything before, I left, and she said that she wanted to go home. I told her that I would talk to the assessment nurse and doctor.

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 communication that could use improvement is when I asked how she was doing, and she said OK. I should have elaborated on her response and shared with her some coping mechanisms to help cope with the loss of her best friend. I would have said differently, "How are you doing Lucy? Would you want to discuss some coping mechanisms to help with your depression and anxiety? If not, I can get you some handouts with coping mechanisms to look at."

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.).

An example of collaborative communication is when I collaborated with the assessment nurse to determine the CIWA scale score and see if we needed to give the patient any medication. The assessment nurse also collaborated with the doctor and told her the background of the patient, current situation, and if we should continue the plan of care. After the simulation was over the assessment nurse and I collaborated with the next set of nurses and gave them a brief report and any important information about the patient.

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

One thing I implemented during medication administration was what each medication was for. I forgot my skyscape, so I was not able to communicate side effects to my patient, but I was able to determine what the need for each medication was for. The patient said she took some of the medications I gave to her at home and some of them she did not take. The patient also questioned if the vitamin supplement was going to increase her vitamin deficiencies and I said yes.

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

My expectations in the beginning and towards the end improved. In the beginning I wasn't sure how I was going to communicate to the patient, but once I started talking to her, I was able to improve on my therapeutic communications.

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

| Nursing | Flow Sheets | Provider | Labs & Diagnostics | MAR | Collaborative Care | Other |

NURSING NOTE

| Date | Patient scored a 4 on the CIWA scale, does not meet the need to give lorazepam at this time. Gave patient her 9 o'clock medications and offered to see if she needed anything. Patient stated, "I want to go home." Assessment nurse called the doctor, and we will continue the plan of care. |

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

For improvement I would like to get better at therapeutic communication, and I will improve this by talking to patient more and looking through the book at therapeutic techniques to help me. I would also like to come more prepared; I forgot my phone and I did not have skyscape to look up sign and symptoms of each medication. So just setting reminders to help me remember to bring my phone into simulation.

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 the simulation I felt clueless to what I was going to walk into, this semester is a different kind of nursing from what we are used to be doing. During I felt unsure, I felt this way because I was unsure about my communication techniques. After simulation I felt good, because it wasn't as bad as I thought it was going to be and I felt like I hit al the objectives as the medication nurse.