

**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 that I noticed was how the patient was not able to sit still for very long without changing how she was sitting in the bed. I interpreted it as she was anxious, irritable and very agitated with where she was at and that she wanted to get out as soon as possible. I responded as the med nurse by trying to reassure we are doing the best we can and as fast as possible and administered 1 mg of Lorazepam to hopefully reduce her anxiety levels.

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

I believe most of my communication with the patient was therapeutic and professional. She asked me "Can you stop at the gas station and get be a case of beer when you get off?" I responded with "No, I unfortunately cannot do that for you."

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 use improvement was when the patient asked me "Can you put rum in my soda?" After I had asked her about getting her something to drink other than beer maybe a water or soda. I responded with "Nope" very bluntly and with kind of a tone that could have made the patient aggressive.

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 communication with my assessment nurse when determining the correct medications to give and offer to the patient, educating the patient on resources like

AA, support groups, mental health groups, and Sandusky Artisans. Also when the patient was standing and walking across the bed and we talked her into sitting back down.

Reflecting:

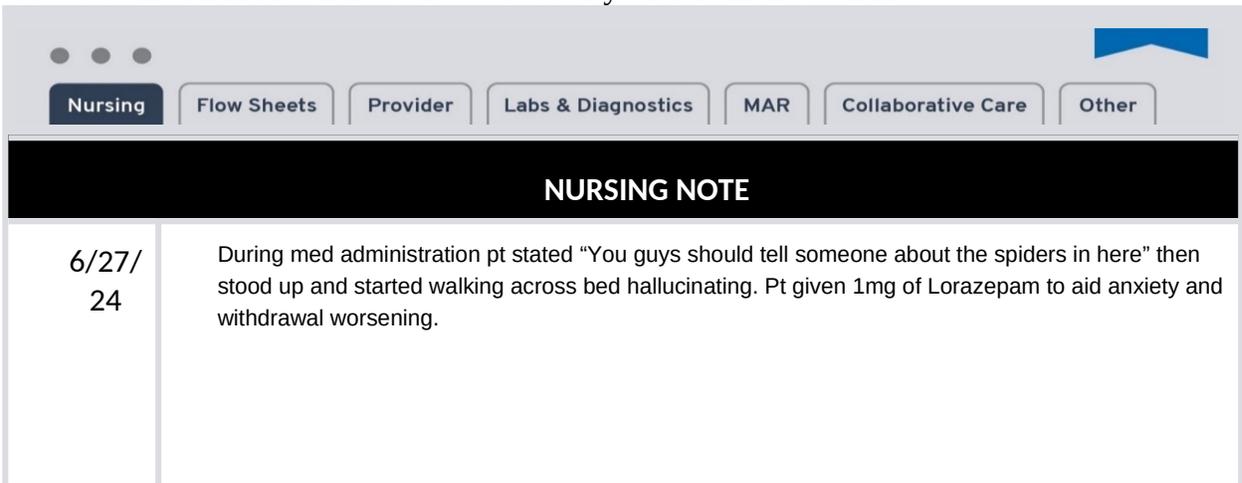
Describe one teaching need that you identified or implemented. What was the patient’s response to that teaching need?

One teaching that identified was the patient standing and walking on the bed and we implemented education on the patient cannot do that due to the safety concerns of risk for falling and further injuring herself. Patient was adamant that it was okay because the bed was soft. If she fell it would be better than falling onto the ground and said “I’m going on a walk”. Then eventually sat back down after we told her about getting her medications.

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

My expectations changed when my focus shifted from decreasing acute alcohol withdrawal into patient safety and education being my priority after she stood up on the bed and was hallucinating. I adjusted it by acting quickly by administering another dose of lorazepam and providing education about AA, support groups, mental health groups, and Sandusky Artisans. To prevent her from ultimately coming back into the hospital or possibly hurting herself.

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



The screenshot shows a software interface for 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 bar with the text "NURSING NOTE" in white. The main content area is a table with two columns. The first column contains the date "6/27/24". The second column contains the text: "During med administration pt stated 'You guys should tell someone about the spiders in here' then stood up and started walking across bed hallucinating. Pt given 1mg of Lorazepam to aid anxiety and withdrawal worsening."

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

I definitely could improve my therapeutic communication by just reviewing therapeutic and nontherapeutic communication techniques as well as getting more practice in clinical situations. Also could have verified and cross matched the MAR and provider's orders to make sure the proper medication and correct dose is given to the patient. I will improve this by adding it into my steps before med administration as a precaution and more clinical application.

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- Anxious, unknown scenario

During- Nervous but okay, initial anxiety was gone after med administration and was confident

After- Relieved and laughing, because I was genuinely shocked there was a woman walking on the bed