

**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 that the patient was very fidgety when I walked in and when I was assessing her. This is a very common sign that the patient was anxious and/or nervous. I responded by asking her if she was feeling anxious and then further assessing by asking what she rated her anxiety on a scale of 1-10. This is very common in patients experiencing alcohol withdrawal. Without alcohol, their body starts to become very shaky and fidgety.

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

My communication with my patient could have been improved. I did not really interact with her much more than the assessment portion. After the CIWA scale and CAGE assessments were done, I assessed her vitals and she tried to make conversation with me. I didn't really know how to respond to her because I did not want to trigger anything with the topic she brought up. She had brought up the conversation of her best friend passing away. I was not sure what further questions to ask without making her feel more depressed.

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

When she brought up the conversation of her best friend passing away, I just responded with "aww im so sorry." I should have asked further questions in a therapeutic way. Maybe I should have said "Do you feel like no one is there for you?" or "Do you feel you need to drink to cope with her death?"

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.).

During this simulation, my group and I used collaborative communication in many ways. I completed the main assessment portion using the CIWA and CAGE assessments. My medication nursing did the assessment regarding all of the PRN medications she needed that morning. The second assessment nurse completed the CIWA scale again to re-calculate a new dosage of Ativan. Then they collaborated to provide resources and education about recovering from alcohol abuse. I think we all did a good job working together.

Reflecting:

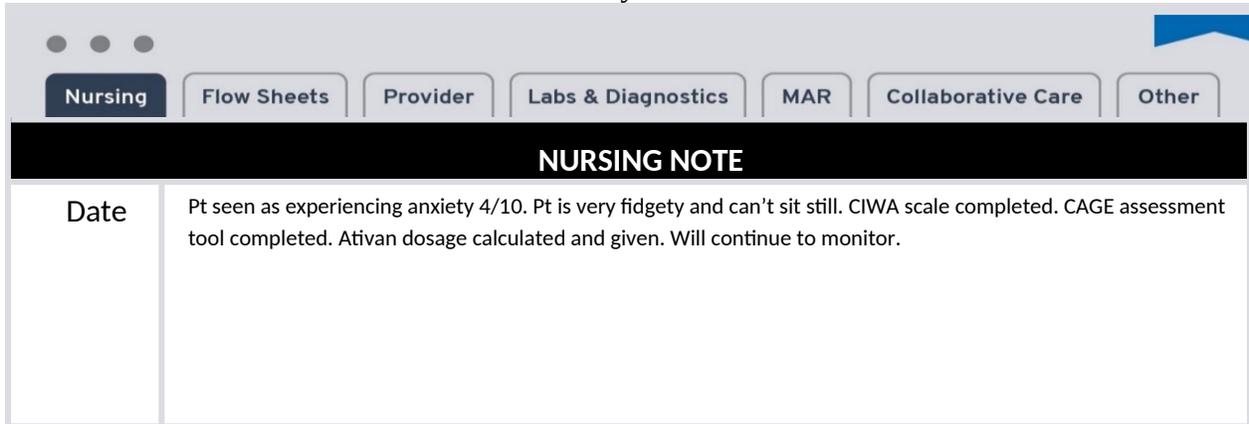
Describe one teaching need that you identified or implemented. What was the patient’s response to that teaching need?

One teaching need we identified as a group was alcohol abuse. We educated her on community resources and different support groups to help her throughout her recovery.

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

My expectations changed as the simulation progressed because I started becoming more aware that she was experiencing a lot of anxiety based on her body language. I could tell she was feeling nervous even if she didn’t verbalize, she was. I tried to be as calm and collected that I could so I did not make her even more nervous. I tried to make my assessment as quick as possible and to not have to re-enter the room because this can cause further anxiety for patients.

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

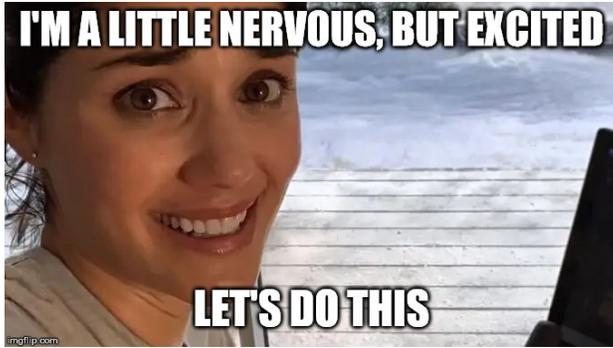


NURSING NOTE	
Date	Pt seen as experiencing anxiety 4/10. Pt is very fidgety and can't sit still. CIWA scale completed. CAGE assessment tool completed. Ativan dosage calculated and given. Will continue to monitor.

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

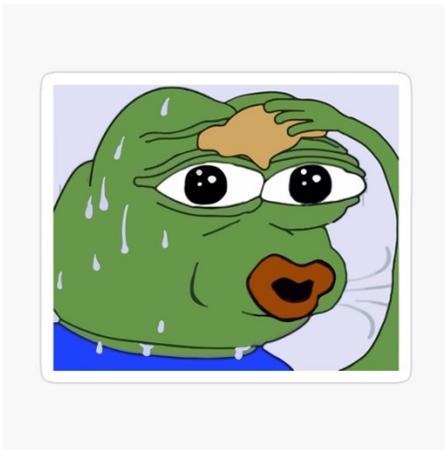
I think there were many opportunities for improvement. The main thing I want to improve on is my therapeutic communication. You never know what could possibly trigger these patients. Also, some responses that work great for one patient might not work at all for another. You can’t really plan out what communication techniques you are going to use, it all must be on the spot which I am not very good at. I could also improve on not being so nervous while assessing these patients. I just over think every thing I say or am going to say, so I just end up being very short when I should use it as an opportunity to dive deeper into conversation.

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.



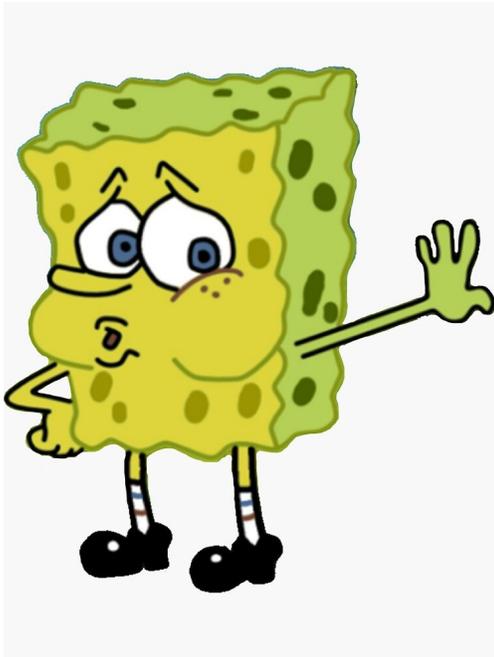
Before:

I chose this picture because I was a little nervous but excited for it to be over because it means the semester is nearing the end!



During:

I chose this image for during because it being a live psych patient instead of just the SIM man, I was a little nervous interacting with them.



After:

I chose this picture because I was very relieved it was over and to have completed simulation satisfactorily.