

**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 had a flat affect and was disinterested in absolutely everything. The patient also denied everything, so it was a challenge for me to be able to work on getting through to the patient so there could be good therapeutic communication. I tried to get the patient to picture herself on her front porch in the place she seemed to enjoy going the most. She really didn't seem to want to open at all. I would like to think I did a decent job of trying to get the patient to open up to me a little, but the fact that I couldn't get the patient to open up and share what was going on in her head makes me second guess myself.

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

My communication with the patient was mostly therapeutic, but there were times I made a mistake and went too far with the patient. An example of when I went too far is when I noticed the patient had one sock longer than the other and I asked the patient if everything was okay there and the patient seemed very suspicious. I was concerned the patient may have had a wound or even drugs in her sock she was hiding. I definitely pushed too far with it and in a real situation could have gotten hurt for pushing the patient to see. A huge mistake on my part and definitely a situation I can learn from and take with me in the future.

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

An example of where my communication with the patient could have improved is going back to the situation when I tried to get the patient to pull her sock down so I could see what was going on under the sock. I felt that this situation would have hurt any progress I made for trust from the patient. I believe I sounded to the patient as if I didn't trust her and then I tried forcing the situation by telling the patient I was just trying to keep her safe while I tried forcing the sock down. HUGE mistake on my part and definitely a situation I have learned from and will never push again.

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 I utilized was with the student nurse, Pressley. I went to her with the score of the CIWA scale and we discussed what the patient said to come to a decision on what we thought we should use to medicate the patient. I was way off on my scaling as well and definitely need to be in situations more often for practice with someone so I can better understand the accurate way to judge a patient for the CIWA scale.

Reflecting:

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

An example of collaborative communication I utilized was with the student nurse, Pressley. I went to her with the score of the CIWA scale and we discussed what the patient said to come to a decision on what we thought we should use to medicate the patient. I was way off on my scaling as well and definitely need to be in situations more often for practice with someone so I can better understand the accurate way to judge a patient for the CIWA scale.

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

My expectations for myself never changed because I was challenging myself to get the patient to open up so I could get her to understand I just wanted to help her, but I feel like I failed miserably in that department. I did feel kind of introverted in when I made the mistake with the sock. I wasn’t sure if I was in trouble with Heather or Lucy. I knew it was one, just couldn’t tell which one. So, I may have adjusted my questioning of the patient because I felt I wasn’t getting anywhere, and we were running out of time to help the patient. Either way, I figured out more about myself and how I need to have more confidence in myself to be successful in this career. So, this is what I am going to work on.

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

The image shows a screenshot of a digital interface for writing a nursing note. At the top, there is a navigation bar with several tabs: "Nursing" (which is highlighted in dark blue), "Flow Sheets", "Provider", "Labs & Diagnostics", "MAR", "Collaborative Care", and "Other". Below the navigation bar is a black header with the text "NURSING NOTE" in white. The main area is a table with two columns. The first column is labeled "Date" and contains the text "6/27/24". The second column contains a detailed narrative note: "Patient had flat affect. Patient was difficult to open up her feelings. Patient expressed anxiety from the loss of her friend. Patient's support system is her brother. Pt began having more rigid tremors on assessment. Pt began pacing during assessment. Pt became more agitated upon assessment. Pt denies alcohol use. Pt denies knowing cause of fall and wounds."

NURSING NOTE	
Date 6/27/24	Patient had flat affect. Patient was difficult to open up her feelings. Patient expressed anxiety from the loss of her friend. Patient's support system is her brother. Pt began having more rigid tremors on assessment. Pt began pacing during assessment. Pt became more agitated upon assessment. Pt denies alcohol use. Pt denies knowing cause of fall and wounds.

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 my performance, I will put myself in uncomfortable situations that will help me to improve on my confidence and care for patient's expressing difficult situations. I am going to start watching factual, true nursing situations as I come into interaction with during clinical, on YouTube. This is the best way to get practice outside of clinical for school. I also can speak to someone about volunteering myself to I can encounter situations I'm not used to. The more I put myself out there the more opportunity for me to gain confidence and handle patient-nurse relationships in a better way.

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



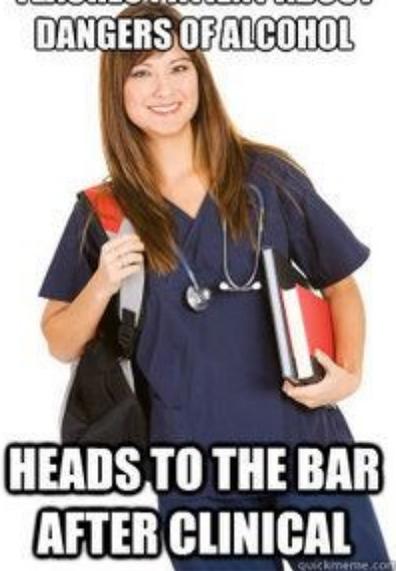
During

**When you've just come out of an
Isolation room, peeled everything off
And they ring the call bell again**



After

**TEACHES PATIENT ABOUT
DANGERS OF ALCOHOL**



**HEADS TO THE BAR
AFTER CLINICAL**