

**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.

- Something I noticed was the patient was fidgety and restless. I interpreted as the patient was starting to get anxious and that it was possibly a symptom of withdrawal and needed medication. I responded by asking the patient if they were anxious to which they replied yes and asked them on a scale of 1 to 10 what would you rate it as? The patient rated their anxiousness as a 6 out of 10.

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

- I believe that for the most part my communication was therapeutic and professional. An example of connecting with the patient was by using therapeutic communication and asking about the patient's safety and assessing the patient using the CIWA scale as a guide.

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 is my facial expressions. I made a "stank face" when my patient told me to put some pep in my step. I didn't say anything, but my facial expression should have stayed neutral instead of making a face.

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 within the scenario was with my student nurse partner on the second half of the scenario. My partner and myself worked together to determine the best scoring for the CIWA scale and therefore the appropriate interventions for the patient.

Reflecting:

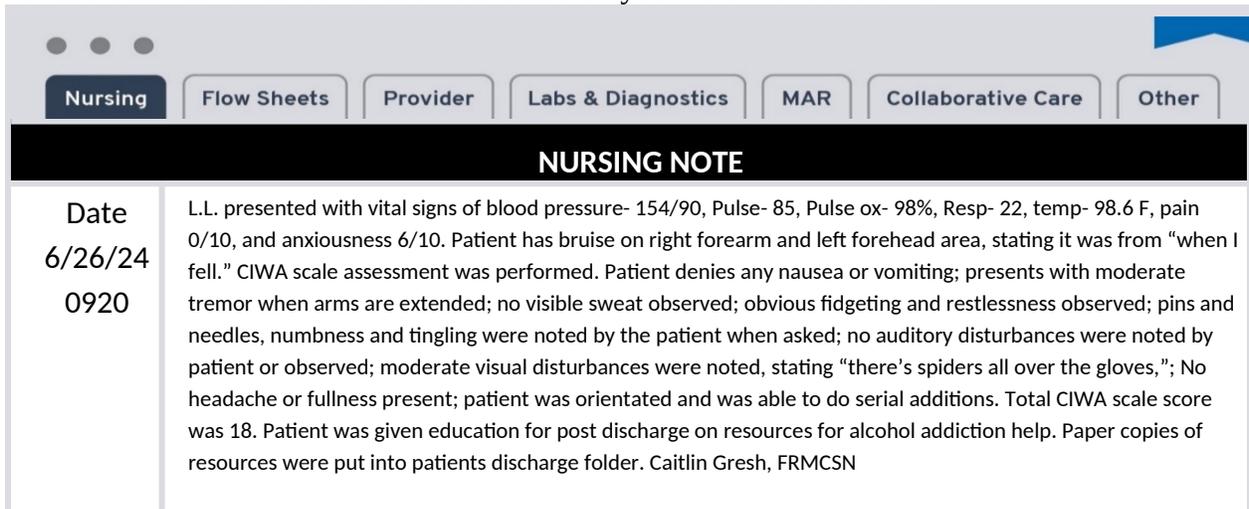
Describe one teaching need that you identified or implemented. What was the patient's response to that teaching need?

- One teaching need that was identified and implemented was on resources for alcohol abuse support groups the patient can use and attend after they are discharged from the hospital. The patient responded well to the education provided by both my partner and myself.

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

- My expectations didn't change a whole lot as the simulation progressed. However, I did adjust my nursing care to care for a patient that wanted to be anywhere you may be and observe everything you are doing.

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



The screenshot shows a software interface for writing 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 is labeled 'Date' and contains the text '6/26/24 0920'. The second column contains the following text: 'L.L. presented with vital signs of blood pressure- 154/90, Pulse- 85, Pulse ox- 98%, Resp- 22, temp- 98.6 F, pain 0/10, and anxiousness 6/10. Patient has bruise on right forearm and left forehead area, stating it was from "when I fell." CIWA scale assessment was performed. Patient denies any nausea or vomiting; presents with moderate tremor when arms are extended; no visible sweat observed; obvious fidgeting and restlessness observed; pins and needles, numbness and tingling were noted by the patient when asked; no auditory disturbances were noted by patient or observed; moderate visual disturbances were noted, stating "there's spiders all over the gloves,"; No headache or fullness present; patient was orientated and was able to do serial additions. Total CIWA scale score was 18. Patient was given education for post discharge on resources for alcohol addiction help. Paper copies of resources were put into patients discharge folder. Caitlin Gresh, FRMCSN

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

- To improve on my clinical practice in the future, I am going to work on controlling my facial expressions, so I don't potentially agitate a patient going through withdrawal.

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: Fine

I didn't necessarily feel one way or another going into the simulation, just that my group was people I was comfortable with.

During: Uncomfortable

I think just because it was a live simulation and there was actual person and not just a mannequin.

After: Salty

I feel that I just didn't do well and got called out on my facial expressions, so the simulation just didn't go that well in my opinion.