

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) by **Saturday June 29, 2024 at 2200.**

Responding:

- Discuss one thing you noticed, how you interpreted it, and how you responded. Do you feel your response was appropriate? Explain.
(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.)

One thing I noticed with the patient was that she was very short with all of her responses with my student partner. I interpreted this as a potential complication of the substance abuse or perhaps with her overall psychosocial condition (related to the passing of her friend), manifesting as a behavioral change. As I was the medication nurse in the scenario, I didn't step in until medications were given but I did attempt to use the CIWA scale to determine if the patient's short and closed-door responses were simply related to a stressor, but the patient scored low on the CIWA scale and denied immediate stressors.

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

The communication with my patient was not much, as I only had the opportunity to give her medications. During the med administration, I did try to remain professional and therapeutically communicate with her about her medications and their effects. She did respond to my questions, but the patient seemed disinterested with the medications (although she did take them).

- 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 related to my concern for the patient with the medications. I did include some common side effects, but I could have been more individualistic with the patient in a real scenario. Also, my introduction to the patient was a little awkward. In the scenario, it feels like you already know each-other even though I wasn't in the "room" (and the patient here was an instructor). That combined with the pressure of simulation made me forget some things

with my introduction, and I believe I didn't introduce myself by name or formally state my purpose, more along the lines of "I have your meds here" instead of "Hi, my name is Zach, I'm here with your medications".

- 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 with my student nurse partner was related to use of the CIWA scale. The patient was prescribed lorazepam, and the CIWA scale needed to be completed. My partner assessed the patient based on the CIWA scale questions and we discussed the needs of the patient together based on the scale, as I hadn't gotten the results from the patient myself. Also, there was a challenge with the patient relating to therapeutic communication, so we briefly discussed what to do to help the patient be more receptive to questions.

Reflecting:

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

One teaching need that I identified was with one of her medications, amitriptyline. This medication has some more serious side effects than her others, and due to the patient's history of alcohol abuse I educated her on the need to avoid alcohol for up to a week after discontinuing the medication, as well as its potential sedative effects. The patient seemed disinterested in the teaching, responding with a simple nod, teachback was not used.

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

As the simulation progressed, my expectations changed regarding her priority problem. Initially, the patient was admitted due to her fall but it quickly became apparent that her priority was her mental status and another overarching issue was her alcohol abuse. Adjusting nursing care from managing symptoms (pain, using CIWA, administering meds) to managing her psychosocial state with resources and therapeutic communication was the correct adjustment of nursing care.

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

NURSING NOTE	
Date	
06/26 @ 0800	Patient CIWA scale assessment completed, scored at 4/67. Did not administer lorazepam per dosing protocol. Discussed teaching and education of amitriptyline with patient. Discussed side effects of lansoprazole and metoprolol with patient. Administered amitriptyline, lansoprazole, metoprolol, thiamine and multivitamins.

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

A major opportunity for improvement for me in the simulation was related to my medication pass, specifically the six rights of administration. I had spent much of my simulation time researching the medications, and lost sight of the six rights when it came to my patient and the administration. I did perform some of my checks, but before the I administered the meds I did not verify the patient and did not confirm any allergy with the patient. In the future, performing the early checks with more consistency will definitely help me to remember to do the latter, and performing allergy and patient verification checks more often will also impart a routine in me that will help.

- 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.

A word that describes each part of the simulation would be “prepared, focused, ‘duh’”. Before the simulation, I felt rather prepared especially compared to my previous simulations, although I felt a little nervous because of the “live” aspect of this one. Then during the simulation, I was focused on determining the priority with the patient and figuring out her medications in a timely manner, including researching them. After the simulation, I realized I was too focused on the research and upon realizing I had forgotten several of my safety checks, I could only feel an overwhelming “duh”.

