

Firelands Regional Medical Center School of Nursing

Medical Surgical Nursing

**Reflection Journal Directions:**

**Name:** \_\_\_\_\_ Jessica Bower \_\_\_\_\_

**Directions:** Provide in-depth, thorough answers to each of the following questions. Answers should be added directly into this document and must be at least 750 words in length. Submit your journal to the Edvance360 Dropbox for the appropriate simulation scenario (Sim #1 Reflection Journal, Sim #2 Reflection Journal) by the Saturday following the simulation experience, no later than 2200.

**Responding:**

- Summarize your clinical judgment utilized in this scenario by discussing all relevant data you noticed, how you interpreted this data, and how you responded. Do you feel your response was appropriate? Explain.

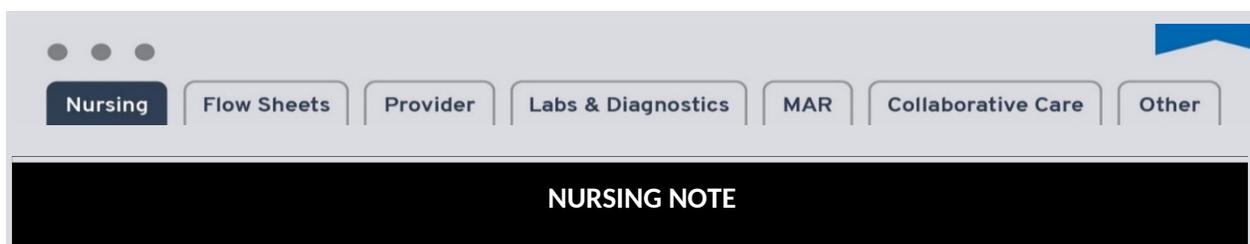
I was the medication nurse for this scenario and upon entering the room, the patient seemed to be in a lot of pain. The assessment nurse was doing a focused assessment on her left leg, which was broken from a prior fall, and she was scheduled for surgery. However, when I asked the patient about the pain, she advised it was a 10 out 10 and she had numbness and tingling. She also had absent pedal pulses, and her foot was cyanotic. At this time, it was when we realized she was experiencing compartment syndrome. The assessment nurse contacted the provider, while I hung IV fluids (0.9 Normal Saline), as well as prepped 4mL of morphine IM injection to help with pain. Once the morphine was administered, there was an order for cefalexin IV to be administered as well. This is an antibiotic and is essential to start because the patient did have an open fracture but also to help before surgery to decrease risk of infection. I felt our response was appropriate given the situation. The assessment nurse and I worked together to help determine what we should do based on what we observed and the obvious changes the patient was experiencing and acted quickly to ensure patient safety and wellbeing.

- 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.).  
I think we had great communication not only with each other as far as nurses but also with the patient. My fellow student nurse and I were able to help each other if we seemed confused about something such as medications and trying to determine the correct amount of how much medication to give. My fellow nurse also helped me when I was struggling with the IV pole and how to hang the fluids lower than the secondary bag.

- Discuss one example of your communication that could use improvement. What did you say? How would you reword this statement? Be specific. I feel my maybe my SBAR could have used some better communication, when giving it to the oncoming nurse. I just stated to her I gave the patient 4mL of morphine at 8:40. I think I forgot to tell her the continuous order as well as how the patient tolerated it and maybe even how I gave the patient the medication, which was IM. I would have told the oncoming nurse that the patient was given 4mL of morphine at 8:40 because she stated her pain was a 10 out of 10 at the time. It was given IM in the upper right arm, and she tolerated the medication well. I would have also stated what her pain was after giving the medication.
- What is a conflict you experienced during the simulation? Write a CUS statement addressing the conflict you identified. I would have to say a conflict that I experienced during simulation would have been when the patient experienced a PE. Although, I was an “observer” during this time, I felt this was an example of how I would use a CUS statement. When I noticed the patient’s O2 begin to drop quite quickly, heart rate increase along with high blood pressure, there was some cause for concern. The patient also expressed dyspnea and chest pain. I would have called the provider immediately and stated I was concerned for patient because of the vital signs and the shortness of breath. I would have stated I was uncomfortable with the situation and felt the patient needed oxygen and an anticoagulant, as I believe she was experiencing a PE. I would emphasize the importance and potentially risk if not assessed because PE’s have the potential to be fatal quickly if not addressed.

**Reflecting:**

- How did you evaluate an intervention you performed? Was the intervention effective and what would you do differently in the future if it was ineffective? Since I was the medication nurse for this scenario, I made sure to evaluate the patient’s IV site, as well as checking good patency in the lines. I also made sure to monitor for any signs of allergic reactions, even though the patient did not have any known allergies. It was also important to check the IV pump and make sure everything was programmed correctly and running. All of these interventions proved to be effective.
- Write a detailed narrative nurse’s note based on your role in the scenario.



<p>Date January 11, 2025</p>	<p><b>Example:</b></p> <p>Patient complains of pain in the right foot rating it a 5 on a 1-10 scale that is achy and radiates to the lower calf. Patient reports heat and medication have helped relieve the pain. Ibuprofen administered as ordered for pain. Right foot elevated on a pillow and a K-pad placed over the area. Patient reminded to use call light if pain does not improve or worsens over time. Call light placed within reach. Will reevaluate in an hour to determine effectiveness of interventions.</p>
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<p>Nursing   Flow Sheets   Provider   Labs &amp; Diagnostics   MAR   Collaborative Care   Other</p>	
<p><b>NURSING NOTE</b></p>	
<p>Date</p>	<p>Patient complains of pain in the left lower leg, rating the pain a 10 on a 1-10 scale. Patient stated numbness and tingling. Left pedal pulses were absent, and foot was cyanotic. Morphine was given 4 mL via IM as ordered to help with pain. Patient tolerated medication well. Provider was contacted as symptoms present as possible compartment syndrome. JB</p>

- Reflect on opportunities for improvement. Based on your performance, what steps will you take to help improve your clinical practice in the future? For this simulation, my area of improvement would be slowing down and focusing on what I am doing in that moment. I felt rushed because the patient's condition was worsening and I felt I needed to move faster than what I was and while that was true, this was still a learning experience and I need to remember that while it is important to act quickly, I still need to slow down and feel confident in what I am doing to ensure patient safety. I struggled a bit with IV pump rates and how to hook up the piggyback medication. To help with this next time I will practice with reviewing medication orders and IV pump videos in Edvance 360 in the resources.
- 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?



**Before:** I chose this meme because I was nervous, and my armpits were literally sweaty!



**During:** I chose this meme because this was actual footage of me trying to figure out how to hang the secondary IV bag and figuring out the IV pump.



**After:** I chose this meme because it was a relief the simulation was over, and I did in fact not kill the patient.