

Firelands Regional Medical Center School of Nursing

Medical Surgical Nursing

Reflection Journal Directions:

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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.

In this simulation scenario, I immediately noticed that my patient was in extreme pain regarding their left lower leg in which they previously fractured. I followed up with a pain assessment, asking her specific questions to help guide the nursing interventions that I will provide. She was experiencing 10/10 pain that has been constant since experiencing a fall off a ladder at home, 5 feet off the ground. This accident caused a complete, open oblique fracture of the left tibia and fibula. The patient exhibited symptoms (6 P's) such as pain and pressure distal from the site, cyanotic left foot, numbness and tingling in the extremity, the inability to move the affected area, and decreased or absent pedal pulses. I interpreted this data as the patient was experiencing compartment syndrome in the lower extremity due to edema, creating enough pressure to obstruct circulation. This can result in ischemia of the lower leg which can lead to tissue death if not treated. I confirmed this complication with the provider and started providing nursing interventions in a timely manner. With these abnormal assessment findings in mind, I lowered the extremity from the pillow to prevent swelling and loosened the dressing to provide less pressure to the site. These are all appropriate responses to treat compartment syndrome because they assist in relieving pressure on the affected area, preventing further tissue damage.

- 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 collaborated with multiple people throughout the scenario: The patient, their healthcare provider, wife, and the medication nurse that I was working alongside. After assessing the patient's abnormal findings, I contacted the provider for further instruction. The healthcare provider agreed with my clinical judgment, indicating compartment syndrome, and ordered that the patient goes to surgery sooner than expected due to the complication. The patient agreed with the provider's orders and all consent forms were signed. I contacted the patient's wife to make them aware that the schedule has now changed, and she expressed gratitude for the proper communication. After this, I made sure to communicate this information to the medication nurse so that they could give the correct medications and proper care going forward.

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

An example from this scenario that could use improvement was when I was providing report to the surgical team before my patient went to surgery. I was verifying my patient's identity, including their gender. At the time, I struggled to know which gender to tell the surgical team due to my patient being a transgender woman. I would reword this statement by saying that the patient is a 55-year-old transgender woman, who was assigned male at birth but transitioned to female. Please ensure to use her preferred name and pronouns.

- What is a conflict you experienced during the simulation? Write a CUS statement addressing the conflict you identified.

A conflict that I experienced during this simulation was when I was receiving hand-off report from the nurse who took care of my patient beforehand. The report given was vague, with little to no detail on the patient's health status. When I asked the nurse a question regarding the patient and the past care that was provided, the nurse was unable to answer.

"I am concerned that the nurse is failing to give important details about the patient that was missing during hand-off report. This makes me uncomfortable because I do not know the care that was previously done on the patient regarding their lower leg fracture. I believe that she is not safe because there could be signs and symptoms of life-threatening complications that we are unaware about."

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?

Due to the patient's signs and symptoms of compartment syndrome, I provided nursing interventions such as loosening the dressing on the fracture and lowering the extremity. The way I determined if these actions were effective was through observation of the patient and improved pain levels. Relieving the pressure of the dressing assisted in reduced swelling which then improved circulation. By lowering the extremity from the pillow, this prevents swelling to increase further. If these interventions were ineffective, I would contact the provider immediately since compartment syndrome is a medical emergency. I would also prepare for the chance that a fasciotomy may need to be done. This is a surgical procedure where the fascia is cut open to improve circulation and relieve pressure.

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

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Nursing
Flow Sheets
Provider
Labs & Diagnostics
MAR
Collaborative Care
Other

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NURSING NOTE

<p>Date</p> <p>February 26, 2025</p>	<p>Patient complains of pain in the left lower leg, rating it a 10 on a 1-10 scale. The patient has a complete, open oblique fracture of the left tibia and fibula. Patient reports warmth at the site, numbness and tingling of the foot, and an inability to move the extremity. Nurse observed cyanosis of the left foot below the dressing. Nurse loosened the dressing and lowered the extremity to decrease swelling and pressure at the affected site. Morphine administered as ordered for pain. Patient states a slight improvement in pain and symptoms but still in extreme pain. Healthcare provider notified of persistent neurovascular impairment. Patient will be going for ORIF surgery in 30 minutes. Vital signs remain stable.</p>
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- 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 in this simulation scenario, I would like to improve my ability to think quickly in emergent situations. I think that this would come with practice and experience in the nursing field, but I want to feel more confident in my abilities to identify possible complications that can occur. Now that I know what I need to improve on, I am going to practice rapid neurovascular assessments including the 6 P's until I feel more comfortable in my assessments. I also want to ensure that I am providing clear information to the healthcare provider in a timely manner, especially when the patient is exhibiting signs of life-threatening complications. I am going to practice SBAR for direct and effective reporting to improve my clinical practice in the future.

- 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:

PERSON: You always seem so chill.
ME EXTERNALLY: oh thanks
ME INTERNALLY:



33 screaming frogs
2,642,038 views

Anxious – I was feeling anxious before simulation. I think that since I prepared so much for the scenario, I was overthinking about what could occur with the patient and the complications they may experience. I wanted to perform well which was the source of the anxiety.

During:

me trying to calm myself and pretending everything is fine.



Calm – My anxiety decreased during simulation, and I was calm. I felt confident in my abilities to perform my assessments to the best of my ability.

After:



Mentally exhausted – After simulation was over, my brain power was limited. I was content with how I performed and learned great skills from the experience.