

Firelands Regional Medical Center School of Nursing

Medical Surgical Nursing

Reflection Journal Directions:

Name: _____ Kayli Collins _____

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.

[Ex. I noticed that my patient only produced 325 mL of urine in the last 24 hours, weight increased 1.5 kg since yesterday, BP is decreased at 90/58, and their lower extremities have 2+ pitting edema. Additionally, the urine analysis showed proteinuria, serum sodium 132, potassium 5.6, BUN 47, creatinine 2.9. This coupled with the admitting diagnosis of severe dehydration due to vomiting, limited oral intake, the patient's age (75) and a history of diabetes mellitus type 2, I interpret this to mean that the patient is likely experiencing an acute kidney injury (AKI). I would respond by initiating strict I&Os, performing daily weights, elevating the lower extremities and notifying the healthcare provider with requests for the following orders: telemetry, a potassium reducing agent, low sodium and potassium diet, and IV fluids.]

The assessment nurse and I noticed that the patient didn't have any feeling, had increased pain and pressure, and a blue coloring to the left leg. The left leg is where the patient had a new fracture. These symptoms all follow the 7 Ps of compartment syndrome. I was the medication nurse so instead of giving the patient her anti-infection medication that was a STAT order I gave her Morphine which was a NOW order first. I did this because the patient was experiencing extreme pain that wasn't relieved by the assessment nurse's interventions. I feel my response was appropriate because of how much pain the patient was in. The pain was the immediate issue the patient was experiencing while the anti-infection is a precaution for an issue that could occur. I had time to set up the anti-infection medication before the patient went to surgery so, giving the morphine for pain was the higher priority in that moment.

- 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.).

Within this scenario I asked for help from the assessment nurse and from both observing nurses. I needed help with the IV pump; making sure I set the pump correctly and the IVPB correctly. I asked the assessment nurse and the two observing nurses for help to correctly set the IV pump. I also collaborated with the assessment nurse when I gave the patient a Morphine IM injection. She witnessed the wasting of the extra medication and verified I had the correct dose.

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

I would redo the communication of the Morphine injection. Me and the assessment nurse were going back and forth on when to properly waste the extra medication and we did it right in front of the patient. Next time I would have us step out of the room if we need to have a long discussion like that because a patient may see two nurses like that and think they don't know what they're doing which can cause a lot of fear and anxiety.

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

A conflict I experienced during this simulation was with the nurse giving us hand off report the first time. She knew very little about the patient, acted that she didn't care about the patient's wellbeing and safety, and blew off the other nurses when they asked questions about the patient's condition.

I am concerned the patient was not being cared for properly. I am uncomfortable with how careless the handoff nurse was with the patient's condition and her lack of knowledge of the patient. I believe the patient is not safe, there may be a significant issue missed or overlooked.

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?

An intervention I performed was giving morphine for the patient's extreme pain. To evaluate this, I let the assessment nurse know that we need to monitor the patient's respiratory status and pain level. The scenario ended before we got to do these assessments. If the morphine was ineffective for pain management, I would have let the provider know. If it was ineffective then that means the patient was showing another sign of compartment syndrome, which is a medical emergency and needs to be addressed as soon as possible. There wasn't much else I could do to relieve the pain if the morphine didn't help because the leg was already lowered, and the cold pack was already removed.

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

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| NURSING NOTE | |
| Date January 11, 2025 | <p>Example:</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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| <div style="display: flex; justify-content: space-between; align-items: center;"> ● ● ● ▾ </div> <div style="display: flex; justify-content: space-around; margin-top: 5px;"> Nursing Flow Sheets Provider Labs & Diagnostics MAR Collaborative Care Other </div> | |
| NURSING NOTE | |
| Date | <p>Patient complains of pain in left lower leg, where there was a recent fracture, rating it an 8 on a 1-10 scale that is achy with feelings of increased pressure. Patient reports nothing helps relieve the pain. Morphine administered 2mL IM injection as ordered. Left leg was lowered off pillow and cold pack was removed. Patient educated on reporting feelings of extreme tiredness and if pain worsens. 5 minutes after Morphine was administered the patient reports no change in pain level or feelings of increased pressure or achiness in the left lower leg. Respiratory status WNL. Provider notified of no change in pain level.</p> |

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

An opportunity for me to improve would be IV pumps and IVPBs. I need more practice setting up the initial pump and more practice attaching an IVPB to the original IV bag. I got both medications hung and ready but once I had to work with the machine my mind completely blanked on how to operate it. I also need to make sure that the IVPB medication is hanging higher than the maintenance fluids. In order to work on these, I signed up to practice IV pumps and IVPBs in the next lab session.

- 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?



I chose this picture to represent how I felt when I realized I volunteered to be the medication nurse first knowing I had little experience with IV pumps.



I chose this image to represent when me and the assessment nurse kept shutting down the IV pump and when I realized I would have to start the pump again for the IVPB. This also represents when the IVPB kept leaking multiple times.



I chose this image when all the medications had finally been given, and I realized that I remembered all 7 rights for medication passes as the simulation ended.