

Reflection Journal Directions:

Name: _____ **Abbi Foote** _____

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.]

As for the medication nurse, I noticed that my pain was having a lot of pain as she was grunting and seemed very uncomfortable. When doing the pain assessment she rated her pain a 10/10. Another thing noticed was her left leg was causing all the pain, so we did a focused leg assessment. With this assessment we noticed that it was cool and pale. It was elevated with a pillow. We took the elevation off and asked if she could feel her toes and if she could wiggle them. The result of that was she couldn't feel anything the only thing she felt was intense pain coming from that leg. We felt it was necessary to give her an IM injection of morphine as order to relieve some of that pain and to unelevated her leg. As we checked back for another assessment her pain was not relieved, and she had no changes to her leg. We called the health care provider, and they wanted to do emergency surgery. So, to prep her we hung normal saline and her antibiotic to send her down for surgery. I felt as if our response was appropriate

because for our scope, we followed everything we could to try to prevent this from happening or getting worse.

- 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 communication I utilized was communicating with my student nurse partner. We communicated on the assessment findings and the next best action to be taken, which was to call the health care provider about our assessment findings that were abnormal and the next orders they would like us to follow. As well as communicating the pain assessment to provide the correct medication administration for this patient care.
- Discuss one example of your communication that could use improvement. What did you say? How would you reword this statement? Be specific.

Overall, for our group, calling the health care provider and communicating with them would need improvement. During the call we went straight to abnormal findings instead of giving the whole patient run down. We told them the patient was Sam Smith and that the leg was cool to touch, pale, severe pain, to feeling and no movement. Then they asked what they wished for us to do next. We would reword this by introducing ourselves, then going through the patient's SBAR. The patient I'm calling about is Sam Smith in room 3402. The pain came into the ER with an open oblique left leg fracture of the tibia. She is scheduled for an ORIF surgery but as of right now the pain is experiencing 10/10 pain, cool to touch, pale, greater than 3 second capillary refill, and does not experience sensation in toes. She was given morphine IM for her pain and we unelevated her legs and no changes. What would you like our next steps to be?

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

The conflict I experienced during the sim was the handing off nurse from night shift. She didn't seem to care to answer questions or give me enough information for me to provide the correct patient care for my patient.

I am concerned about my coworker's attitude toward work.

I am uncomfortable providing care for my patient with the lack of report to understand my patient's condition.

This is a safety issue for my patient because I am not sure if I'm missing information and she could be experiencing more serious going on.

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?
My intervention of pain medication was evaluated to need improvement. I have reviewed the MAR, asked for allergies, asked if it was okay to give medication and if they had any questions. A pain assessment was done as well as a nurse was there to witness waste of medication. The IM injection was done correctly but the one thing that was not done correctly was my dosage calculation. This would have resulted in a medication error because

I gave less morphine than was ordered. This intervention was ineffective because of medication errors. In the future I would have the other nurse check over my calculation as well as verifying with the pharmacy over a phone call.

- Write a detailed narrative nurse's note based on your role in the scenario.
Pt reported a pain of 10 on the left lower leg on a scale of 1-10. Pt also reports that nothing is helping her pain. The morphine was administered as order. Elevation was taken off of the left leg. HCP was called to be updated on pain status with pt reporting no relief.

The screenshot shows a web interface with a navigation bar containing buttons for 'Nursing', 'Flow Sheets', 'Provider', 'Labs & Diagnostics', 'MAR', 'Collaborative Care', and 'Other'. Below the navigation bar is a black header with the text 'NURSING NOTE'. The main content area is a table with two columns. The first column is labeled 'Date' and contains the text 'January 11, 2025'. The second column is labeled 'Example:' and contains the text: '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.'

The screenshot shows the same web interface as above. The 'NURSING NOTE' header is present. The table has two columns. The first column is labeled 'Date' and contains the text 'February 27, 2025'. The second column contains the text: 'Pt reported a pain of 10 on the left lower leg on a scale of 1-10. Pt also reports that nothing is helping her pain. The morphine was administered as order. Elevation was taken off of the left leg. HCP was called to be updated on pain status with pt reporting no relief.'

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

I think my opportunity for improvement overall would be in less of a rush. I feel like during simulation I feel like everyone is waiting for me and I try to rush my pat. This leads to medication errors, not getting all information and mess ups. The steps I will take to improve this is taking the appropriate timing to make sure I feel confident in what I'm doing with the time I need to get the right care for my patient.

- 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- Nervous: I chose this word because I was getting so nervous I was going to mess up something simple and not going to be able to fix it.
During- Rushed: I chose this word because the assessment nurse was done with her assessment already and I was still looking up my medications and getting them prepared.
After- Upset: I overall was upset because I realized that I made a medication error and gave the wrong amount of morphine and that overridden that good things I did because I was so upset about that.