

Reflection Journal Directions:

Name Mallory Jamison

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. **When I went in to assess the patient's NG tube and abdomen, I noticed that she began complaining of shakiness and lightheadedness. Her skin was pale, cool and clammy to the touch. I interpreted these findings as symptoms of hypoglycemia, which the patient was at risk for considering that she is a diabetic and is on NPO status. I also noticed she wasn't a FSBS or even a Q6H accucheck per protocol for NPO patients, when I spoke with the doctor. In addition, I noticed that she was on a sodium chloride infusion as opposed to dextrose, which is recommended for NPO diabetic patients to avoid hypoglycemia. I responded by checking her blood sugar, which was 70 meaning it was low. I then called the doctor to clarify orders that the patient had, with her, such as to get the order changed to a dextrose infusion to maintain her blood sugar and to make sure that the patient was a Q6H blood sugar check. Once the medication nurse initiated the dextrose infusion, I also responded by rechecking the patient's blood sugar after 15 minutes to ensure that it had gone up and reassessed her symptoms for improvement. The blood sugar went up to 80 and the patient reported an improvement in symptoms. I felt like I did a great job quickly recognizing what was going on with the patient, thus my response was appropriate in my opinion.**
- 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 that I utilized in this scenario was through calling the doctor for further orders about what was going on with my patient. I was confused on whether or not my patient had an order for finger sticks, and she was displaying signs of hypoglycemia, so I called the doctor about the situation to clarify**

orders and was able to get an order for a dextrose infusion that would help maintain her blood sugar. Another example of collaborative communication I utilized during the scenario was by helping the medication nurse educate the patient. The patient expressed that she was worried about how expensive her hospital stay was going to be, and I collaborated with the medication nurse on not only directing her in knowing that she should educate the patient, but I also went into the room and helped educate the patient on available resources myself as well.

- Discuss one example of your communication that could use improvement. What did you say? How would you reword this statement? Be specific. **There were two examples of my communication that could use improvement I noticed during this scenario. These are actually related to the communication I talked about in the above question. First, when I called the doctor about the patient situation, the doctor got angry that no one made her aware of the patient's history of diabetes, the patient being on a sodium chloride infusion instead of dextrose, and that the patient was not a finger stick. When the doctor explained that she was not aware of these things, I responded by saying "I figured you knew." I should not have assumed that the doctor knew about the patient's history and missing orders, and instead I should have said "I am sorry that you weren't made aware of this, I had mistaken that you knew about it. I will initiate the orders immediately." I also could have improved my communication by making sure to repeat the new orders to the doctor on the phone to verify that I heard them correctly. Second, another part of my communication that could use improvement was my encounter with the medication nurse. When I approached the medication nurse about her response to the patient's concern with costs, I kind of came off like I was yelling at her. I got nervous about the way she responded, and I said "Brittany!" I would reword this by calmly stating "Brittany, make sure to educate the patient on available resources."**
- 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 that the Healthcare provider seemed very annoyed each time one of the nurses would call her for something, and came off like she didn't want to hear from us. This made it hard for us nurses to feel like we could comfortably reach out to doctors for help when we need it. For my CUS statement, I felt **concerned** about the patient's signs of hypoglycemia she was displaying. I felt **uncomfortable** with the doctor's demeanor when I approached her about the situation. I felt like the patient was not **safe** with her current orders; we needed new orders from the doctor.**

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 checking my patient’s blood sugar although she did not have an order to be a sugar check. I was able to use my nursing judgement to notice that she was displaying symptoms of hypoglycemia, was a diabetic, and was NPO therefore her sugar may have been low. Checking my patient’s sugar was an effective intervention because it gave me verification that she was hypoglycemic and therefore drove me to call the doctor for further orders so that we could bring her blood sugar up. After this all, her sugar came up to 80 so it was good that I performed this intervention that brought upon new orders.

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

The screenshot shows a software interface with a top navigation bar containing buttons for 'Nursing', 'Flow Sheets', 'Provider', 'Labs & Diagnostics', 'MAR', 'Collaborative Care', and 'Other'. Below this is a black header with the text 'NURSING NOTE'. The main content area is a table with two columns. The left column is labeled 'Date' and contains the text 'January 11, 2025'. The right column is labeled 'Example:' and contains a paragraph of text describing a patient's pain and the interventions performed.

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>

The screenshot shows the same software interface as above. The 'NURSING NOTE' header is present. The table below has two columns. The left column is labeled 'Date' and contains the text 'April 9, 2025'. The right column contains a detailed narrative of a patient's hypoglycemic episode and the subsequent medical interventions.

NURSING NOTE	
Date April 9, 2025	<p>Patient complains of lightheadedness and that she feels shaky. Patient reported that she felt cool and on assessment her skin appeared pale and clammy to the touch. Blood glucose checked and was 70 mg/dl. Doctor notified and gave orders for Q6H blood sugar checks and D5W NS 125ml/hr. Med nurse initiated infusion and patient blood sugar/symptoms were reassessed in 15 minutes. Patient reported improvement in symptoms and sugar increased to 80mg/dl. Patient given call light and instructed to call if needing anything.</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? **An opportunity for improvement I noticed in myself during this simulation was to make sure I pay closer attention to the orders in the electronic medical record. This is because I made the mistake of just assuming that the patient was a finger stick blood sugar since she was a diabetic, but there actually wasn't an order in the EMR for it. It is important to check orders before caring for patient's because it may upset doctors if no one notifies them about patient information that may drive those orders; such as this patient being a diabetic and NPO for example, the doctor was unaware of. If orders are missed or necessary orders are not in, this could impair patient safety. With this being said, to improve in the future I will make sure that I check my patient's EMRs before doing any other care on them at clinical.**
- 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 the scenario I felt silly. I chose this word because Kelly's cheese hat and her attitude always makes for a funny, uplifting simulation environment. During the scenario, I felt happy. I felt happy because I could tell that I was less nervous, and that the scenario was going more smoothly. I even noticed in my teammates as well that they seemed to be moving more smoothly, which made me happy. After the scenario, I felt proud. I felt proud of my teammates and I because the improvement from last simulation to this one was definitely noticed in all of us.**