

Firelands Regional Medical Center School of Nursing

Medical Surgical Nursing

Reflection Journal Directions:

Name: _____ **Lily Osborn** _____

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.**

During the simulation I noticed that her pain level was 5/10 on the scale rating, very tender, and her last pain relief medication was given at 1500. Therefore, I gave her 1mL of morphine IV push to help settle that pain because it was a every 4 hours drug and at this point in time it was 1900. While I was doing that my partner was assessing more and she took the blood sugar because the patient is diabetic, while showing symptoms of hypoglycemia. The patient was diaphoretic, pale, and her blood sugar ended up being 70. My partner decided to call the provider to let her know the assessments and the provider ordered us to give her an IV bag of 5% dextrose to increase her glucose, as well as blood sugars every 6 hours. Then I went into the room and gave the patient that IV fluid at 125mL/hour. I asked the patient how she was feeling and if she was doing alright and stated that she was doing fine. We then went into the room and educated her on getting her a case manager to talk to about the patients' difficulties of buying medication needed, and possible housing benefits.

[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.]

- **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.).**

In this scenario we used the provider to get orders for the patient, to improve her blood sugar. My partner and I did not communicate as much this time, but I felt that we did a very good job when we did. We communicated on calling the provider to get further information on what the patient was feeling in order for me to give the patient her medications. Also, we communicated on setting up the dextrose IV fluids because I had only done that a couple times in clinical and was having a hard time at first.

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

I think that we could have communicated a little more but there was not much to communicate on since I was in the same room. I think that we could have went in the room together at the end and both educated the patient on case management instead of just her doing it by herself. I feel like our nerves get the best of us because we are both very quiet and when we get going, we kind of just both go quiet and focus on what is going on.

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

I was concerned that the patient was showing signs of hypoglycemia. I was uncomfortable with her being diaphoretic, pale, and having a blood sugar of 70. I believe that she is not safe unless we take action to improve her symptoms.

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?**

I evaluated her pain level after giving the morphine by asking her how she felt and she stated that she felt 'all warm and fuzzy'. Then I reevaluated her after giving the dextrose IV fluid and also asked how she was doing and the patient stated that she was just fine. However, what I would do differently next time would be after I get the dextrose running, I would go in the room and take her blood sugar again to see if it went up to normal for the patient. If it would not have gone up then I would have called the provider and asked what else we could do to get her blood sugar up.

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

Nursing
Flow Sheets
Provider
Labs & Diagnostics
MAR
Collaborative Care
Other

NURSING NOTE

<p>Date January 11, 2025</p>	<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>
--------------------------------------	--

Nursing
Flow Sheets
Provider
Labs & Diagnostics
MAR
Collaborative Care
Other

NURSING NOTE

<p>Date</p>	<p>Entered patients' room and patient was very diaphoretic, clammy, and cool to touch. Took patients' blood sugar and it was 70. Patient complained of pain in her abdomen stating it was very 'tender'. Patient rated her pain on a 5 on a 1-10 scale rating. Called provider to let them know of the patients' symptoms. Provider ordered blood sugars q6h and 5% Dextrose IV fluid at 125 mL/hr. Administered 1 mL of Morphine for the pain IV push over 2 minutes and 5% Dextrose IV fluid at 125 mL.hr. Patient educated on why I gave the IV fluid. Patient stated she was feeling better after the morphine. Patient reminded to call us if anything feels worse. Call light within reach. Will reevaluate blood sugar in 15 minutes to check effect.</p>
-------------	--

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

I learned that I should have given the IV dextrose first to fix her priority problem, then give the morphine for pain after because the patient was only at a 5 out of 10 pain level and it was not a priority. I also learned that even if an IV is going I should flush after giving a medication because the medication could stay in that little area, which they won't get all the

medication that is needed. This helps improve me by understanding that I should put the priority problem first and sometimes pain medications can wait to be secondary rather than first. I can take this by keeping it in my mind that hang the bag of fluids first and get the blood sugar under control before we look at the pain medication.

- 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 entering the simulation lab, I felt very 'nervous' and had knots in my stomach. I felt this because I have to go in front of everyone and do skills while everyone is watching me. During the simulation I felt 'flustered' because I felt like I just kept moving and doing stuff fast while everyone is watching me. Then after the simulation I felt 'relief' that it was over and it was the last one for this semester, plus I felt really good about how we did just was very concerned on how fast it went it felt like we should have done more.