

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.

The patient that I was caring for was admitted to 3T with a diagnosis of a GI bleed. The assessment nurse in my scenario noticed that the patient's heart rate was higher than normal at 102, with a low blood pressure of 98/58. Their skin was pale and cool to the touch, and they had been experiencing prolonged nausea and vomiting for the past two days. I interpreted these findings that hypovolemic shock (low blood volume) may be occurring, so the physician was contacted for further orders. As the nurse administering medications, I responded to this situation by immediately preparing all medications ordered once I received the entirety of the assessment nurse's findings. I started 0.9% Sodium Chloride (NaCl) at a rate of 125 mL/hr through the IV pump to assist in raising the patient's blood pressure. To relieve the patient's symptoms of nausea and vomiting, 25mg of Phenergan was given intramuscularly. The patient rated their pain a 6 out of 10, so 2mg of Morphine IV push was administered. My response to the patient's situation was appropriate because they expressed alleviation of pain.

- 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 well with the nurse giving hand-off report prior to me caring for the patient, as well as my student nurse partner during this scenario. The student that I was working alongside communicated well regarding the patient's vital signs and findings noticed during the assessment. For example, my student nurse partner provided an SBAR report expressing the patient feeling nauseous, vomiting, and in pain. This conversation was effective because I

took that information and used clinical judgment to administer the ordered medications of Phenergan and Morphine.

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

An example of communication in this scenario that could use improvement was when I was speaking with my student nurse partner. It was important for me to speak with the student at the time, so I could provide medication intervention to my patient who was experiencing pain and other symptoms in a timely manner. I made the mistake of interrupting the conversation between the patient and the student nurse. In the future, I would reword this conversation by respectfully saying, “Excuse me, I am sorry to interrupt but I need to provide an intervention that is a high priority for the patient’s care. Please feel free to continue your conversation once I am finished. Thank you both for understanding.”

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

A conflict that I experienced during simulation was regarding my medication administration. I gave my patient morphine through an IV push to decrease the severity of her pain but made the mistake of pushing the medication too quickly. The patient stated feeling “warm and fuzzy”. Rapid administration of morphine may produce a quick onset of respiratory depression, bradycardia, and hypotension.

CUS statement:

I am concerned that I administered the morphine, IV push too quickly. I am uncomfortable with how this may affect the patient’s condition and respiratory status. I believe that this could cause a safety issue; Giving morphine at a rapid rate can lead to hypotension and respiratory depression shown as slow, shallowed breathing.

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?

A nursing intervention that I performed for my patient in simulation was administering the medication, morphine, to decrease the severity of her symptoms and pain. I reassessed the patient’s pain level after giving the medication through an IV push. The intervention was effective, and the patient expressed gratitude. If the medication given was not suppressing the patient’s pain, I could try nonpharmacological approaches. This may include distraction techniques such as turning on music, deep breathing, and massage therapy.

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

NURSING NOTE	
Date April 10, 2025	The patient complains of pain, rating it a 6 out of 10. The patient has a medication history of taking aspirin for the past two weeks for reoccurring headaches. Patient also expressed nausea and vomiting. Phenergan was given as ordered to diminish nausea and vomiting. Morphine was given as ordered to decrease the severity of the pain experienced. Vital signs were assessed, and a blood pressure of 98/58 was obtained. 0.9% Sodium Chloride (NaCl) was given through IV as ordered to assist in raising the blood pressure. Patient stated relief of pain and symptoms, and their blood pressure increased. The patient is resting in bed, and the call light is within reach.

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

I am always looking for ways to improve my clinical practice in the future. Based on my performance in this simulation, I would like to take action to improve my medication administration. Although I know how to complete skills such as regulating the IV pump, giving IM injections, and administering IV pushes, I would like to practice more to enhance the smoothness and fluidity of those skills. I think that true practice comes from real-life patient situations, as seen in simulations and clinicals. I can also participate in open labs to become more proficient in these skills.

- 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:

<https://www.tiktok.com/t/ZTjeH4BbJ/>

- Before simulation, I was feeling excited and prepared for the scenario I was about to walk into. I was ready for the challenge!

During:

<https://www.tiktok.com/t/ZTje9A2Qa/>

- During simulation, I was feeling a little more nervous while performing my nursing skills. I wanted to make sure I did everything correctly.

After:

<https://www.tiktok.com/t/ZTjeHsmvo/>

- After simulation, I felt relieved that I completed the scenario. I was looking forward to taking it easy when I got home and celebrating my successes.