

Firelands Regional Medical Center School of Nursing

Medical Surgical Nursing

Reflection Journal Directions:

Name: Bri Dobias

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.]

After receiving report from the off-going nurses, I was made aware that the patient was admitted with a diagnosis of a GI bleed after taking aspirin every 6hrs for a persistent headache they had been experiencing for the past 2 weeks. I was also informed that they had been having diarrhea and vomiting, both of which were a dark, coffee-ground color. The previous shift had also placed an NG tube on low-intermittent suction. Upon assessment, I noticed that my patient was in moderate pain, which was localized to their abdomen and did not radiate anywhere. The patient also expressed that they were feeling very nauseous and had coffee ground emesis in the suction canister. Their abdomen was soft, round, and non-tender on examination. The patient then complained of lightheadedness and dizziness. The patient's blood glucose was then taken, which turned out to be low. The provider was then notified and then gave orders for 10% dextrose to be administered at 125 mL/hour. I also administered Morphine and Phenergan for the patient's pain and nausea. Their vitals were BP 110/62, HR 88, RR 20, temp 98.1, and SPO2 96% on RA. All other areas of their assessment were WNL. When questioning the patient about their excessive use of aspirin, it was brought

to my attention that the patient had been taking aspirin because it is inexpensive as they are having financial troubles and are currently unhoused. Education was provided about alternatives to aspirin that are less harmful to the GI tract and resources that are available to assist with financial issues.

- 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.).

One example of collaborative communication that was utilized within this scenario was between my partner and I. This communication involved discussing what patient education would be most beneficial to the patient, such as their use of aspirin and financial resources available to them. We educated that patient that excessive use of aspirin over long periods can cause GI bleeds, especially with their significant history of GI issues. We then educated them on the use of Tylenol instead because it would provide the same effect they are looking for while also preventing additional issues related to their GI system. The patient informed us that their noncompliance with their medications is due to financial struggles. Because of this, we educated the patient that there are resources available to them that can assist with these struggles.

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

One example of my communication that could use improvement is when discussing the resources available to the patient. When educating on these resources, I was not sure which resources were available to the patient and what these resources would do in regards to their issues in paying for medication and finding housing. Instead of trying to explain how these resources work without adequate knowledge, I could say, "I am not exactly sure, but I can get someone to talk to you who does know." I could improve in this area by educating myself on some of the resources the hospital provides and being more prepared to answer questions that patients may ask. I could also talk with one of the individuals responsible for setting up these resources to have a better idea of what goes into the process of setting up these programs.

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

One conflict I experienced during the simulation was due to the patient's financial struggles in paying for their medications and current housing situation. I was concerned that Roberta Melena was not receiving adequate health care. I was uncomfortable with their use of aspirin and their inability to pay for their medications. I believed that Roberta Melena was not safe to continue to neglect their care outside of the hospital, which may result in further complications.

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?

One intervention I performed was administering Phenergan for the nausea the patient was experiencing. I evaluated this intervention by assessing the patient's nausea after the medication was administered, to which the patient stated that the nausea was better. If this intervention was not effective, I could contact the provider for additional orders to help alleviate the patient's nausea. I could also try putting the patient in a different position that may take pressure off of their abdomen.

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

NURSING NOTE	
Date January 11, 2025	Example: 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.

NURSING NOTE	
Date April 11, 2025	Patient complains of nausea and 5/10 pain on a 0-10 scale in their abdomen that is achy and burning that does not radiate anywhere. Bowel sounds were hyperactive, with the abdomen soft, round, and non-tender. Vitals stable as charted. NG tube remains at low-intermittent suction with dark, coffee ground secretion in the canister. The patient complains of "lightheadedness and dizziness". Blood glucose level was obtained, which was low. The provider was contacted, and orders for 10% dextrose at 125 mL/hour were given. NS was then discontinued, and dextrose was administered as ordered in the IV in the right forearm. Morphine and Phenergan were given for pain and nausea as ordered. Pt states that all complaints were better after medication. Education was provided to the patient about taking aspirin excessively and given alternatives such as Tylenol. Pt then stated that they were taking aspirin because it is inexpensive as they are facing financial struggles, which has made them unable to afford their medications and are currently unhoused. Pt was then informed of resources available to them and consults made to further educate on

	these resources.
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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?
Based on my performance, one step I will take to improve my clinical practice in the future is to be more prepared with the education I plan to provide my patients. I can improve in this area by talking with my instructor, other nursing students, or the nurse in charge of the patient to discuss the best way to provide the education to the patient. By doing this, I can gather other points of view and ask questions I may have regarding the education I am about to give the patient. In doing this, I can be more knowledgeable and prepared to answer questions the patient may have for me.
- 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: “Calm”
Before the simulation, I felt mostly calm because I had a better idea of what to expect based on the last simulation.

During: “Confident”
During the simulation, I felt confident because I felt that I had a pretty good understanding of GI bleeds and diabetes and what interventions should be followed if a decline in the patient’s health were to happen.

After: “Curious”
After the simulation, I felt curious as to what resources would be available to a patient who was struggling to pay for their medications and how these resources would work. I asked a lot of questions about this topic, but I would like to learn more.