

Reflection Journal Directions:

Name: _____

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.

One thing I noticed about my patient was that she had a significantly low hemoglobin (9.5) and hematocrit (30.2%). This suggests that the patient is anemic, which can result from blood loss, likely from her G.I. bleed. You should monitor for hypoxia, which can present as fatigue, pallor, and shortness of breath. It is also important to watch the patient's stools and monitor if they have any black, tarry stools, which this patient did later in the scenario. I also noticed that the patient's INR (2.2), PT (17 seconds), and PTT (90 seconds) all shows an impaired clotting ability, which increases her risk of bleeding and was likely caused by her chronic overuse of Aspirin. I responded by educating the patient on the reason why she mostly likely came in for a G.I. bleed and why she should not continue to use Aspirin like she currently does. I printed out information about alternative medications she could take instead that help with her pain, are still affordable, and do not increase her risk of G.I. bleeds. You would also monitor for active bleeding by a drop in blood pressure and an increase in heart rate, which the patient did experience in the scenario. I also noticed that the patient was feeling dizzy and feeling shaky, and took a finger stick blood test, which was 70 mg/dL. This is considered hypoglycemic so I called and notified the provider. I ask if dextrose could be ordered for the patient, since they were type two diabetic and NPO, so it did not continue to drop any lower. I feel like my responses were appropriate and that I responded in the best way for the patient.

- 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 I used was with case management. I called and informed them that the patient was concerned about where they were going to go after their hospital stay and that they had worries about how they were going to afford their medications. With addition to the education, I provided and the printed off information I gave to the patient, they came up to talk with her and assist her.

- 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 communication that could use improvement was when I was calling the doctor. I could have been more descriptive of the patient and have given more relevant information. I could have said, “I’m calling about Roberta Melena in room 3002-1. She is a 65-year-old female that came in with a G.I. bleed, has an allergy to amoxicillin, and is currently NPO. She has a history of type two diabetes, GERD, and PUD. She currently has a blood glucose of 70mg/dL and is showing signs of hypoglycemia. Can we get an order put in for dextrose so it does not continue to drop and lower?”

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

I am concerned that the patient is experiencing symptoms of hypoglycemia, and has a finger stick blood sugar of 70 mg/dL. I am uncomfortable because of the sudden onset of these symptoms. I believe that the patient is not safe; there might be a serious health concern and the provider needs to be called immediately.

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 that I performed was educating the patient about the reason why she most likely came into the hospital, which was her chronic use of aspirin leading to her G.I. bleed. This intervention seemed to be effective and that the patient understood and retained the information. In the future I would have used the teach-back method to make sure that the patient fully understood the information that was shared. If the patient came back to the hospital for a G.I. bleed for the same reason, I would change the method in which I educated by limiting distractions and printing out more information in easier ways to understand.

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

The screenshot shows a web interface for a nursing note. At the top, there are several tabs: "Nursing" (selected), "Flow Sheets", "Provider", "Labs & Diagnostics", "MAR", "Collaborative Care", and "Other". Below the tabs is a black header with the text "NURSING NOTE" in white. 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 the following 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" tab is still selected. The "NURSING NOTE" header is present. The main content area is a table with two columns. The left column is labeled "Date:" and contains the text "April 10, 2025". The right column contains the following text: "Patient stated concern about where she was staying after she went home from the hospital and how she was going to afford her medications. Education about support groups and places to stay was provided and information about affordable medications was printed for patient. Call light placed within reach and case management is going to speak with patient and follow up with any concerns. NW"

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

I will take steps to improve my collaborative communications and SBAR reporting in order to better communicate the most relevant and important information. This will improve my clinical practice in the future.

- 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: Anxious (I was not sure what to expect). During: Focused (I was focused in assessing the scenario). After: Motivated (Shows me where I need to improve and made me want to keep building my skills)