

Firelands Regional Medical Center School of Nursing
Faculty Manual

Psychiatric Nursing 2025

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. Your reflection journal should be a minimum of 750 words (not including the questions). Submit your journal to the appropriate dropbox (Simulation Reflection Journal) by **Saturday June 28, 2025 at 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. **I noticed that my patient appeared disheveled with mismatch socks on, messy hair, smeared makeup, and an abrasion over her left eye as well as a bruise and abrasion on the left arm. Her blood pressure was slightly elevated at 150/88, she was alert to date, denied sweating, shaking, nausea/vomiting, and headache. However, she did rate her anxiety at a 4/10 stating that she had some anxiety, felt depressed about the death of her best friend of 44 years, and was worried about her appearance in that she asked me how she looked and if her hair and makeup were messed up. She also stated that she didn't sleep well and when asked about group she said she went once but only kind of liked it. She denied the need to cut down on her drinking, said she maybe felt criticized, sometimes drinks first thing in the morning, and feels guilty because she spends a lot of money on alcohol. I interpret this as she was beginning to go through mild alcohol withdrawal due the fact that she was admitted for a fall with alcohol in her system, her history of prior admissions for alcohol abuse, along with her symptoms. She also appeared to be experiencing some depression related to the grief response of her friend. I responded by giving her her morning medications, one of which would help with her anxiety, and offering self that I would help her wash up and be around if she needed anything.**
- Describe your communication with your patient; was it therapeutic and professional? Provide one example of how you connected with your patient. **I felt like the communication with my patient was professional because I introduced myself and explained what I was going to be doing for her. I also established trust by telling her I'd be around if she needed anything and would help her wash up, which is one example of how I connected with her. Another way I established trust was by telling her what medications I was giving her and educating her on the ones she was unsure about. I felt like I was professional and therapeutic by establishing trust, but I could**

have been more therapeutic with my wording of some things such as when I responded to her about her appearance.

- 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 the healthcare provider, case management, pharmacy, etc.). **An example of collaborative communication I used during the scenario was by working with the assessment nurse. She communicated assessment findings with me such as whether the patient was nauseous so that I knew if I needed to give her a nausea med or not, along with the CIWA scale score so that I knew if I needed to initiate substitution therapy or not. We also helped each other decide if she should educate the patient on an Alcoholics Anonymous group or the Sandusky Artisans support group. We considered the fact that the patient was in denial about her alcohol use and may become agitated if we approached her about it, so we went with the Sandusky Artisans education material to help her with her depression and grief.**
- 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 I used that could use improvement was when I responded to the patient after she asked me how she looked and if her hair and makeup were messy. I responded with “You look like you just woke up, your hair is just a little messy,” and I felt like that could have come off as non-therapeutic because she could feel that it was rude and become upset. However, the reason I responded in such a way was because I was trying to initiate a conversation about getting her cleaned up and offering to help her to make her feel better, therefore trying to be therapeutic in that way. If I could reword it, I would say, “You sound worried about your appearance. Would you like me to help you freshen up or bring you supplies to do it on your own?” Wording it in that way would avoid the possibility of sounding rude or upsetting her while still reaching the same goal of the conversation.**

Reflecting:

- Describe one teaching need that you identified or implemented. What was the patient’s response to that teaching need? **One teaching need I implemented due to my patient’s questioning of her medications was the purpose of all her medications, specifically her folic acid. She asked what it was for and so I told her it was to prevent anemia. She then followed up with asking what anemia was and I shared with her that it is a deficiency of healthy blood cells. She responded sounding anxious and worried that she has anemia by asking “Well do I have it?,” in a concerned tone. I told her that she does not have anemia and that she is receiving the medication as a precautionary measure to avoid becoming anemic because alcohol inhibits the absorption of necessary vitamins. After that, she was settled and allowed me to give her the medication.**

- How did your expectations change as the simulation progressed? How did you adjust your nursing care to these new expectations? **Before the simulation and right when it started, I was nervous and expected it to be harder than it really was, in that the patient would constantly be nonstop upset and be hard to communicate with. However, I then realized that she was less upset than expected and I adjusted my nursing care by talking her through the steps of everything being done to her and offering myself to help wash her up or assist with anything she may need, in order to avoid her escalating to the agitation level that I expected prior.**
- 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
June 26,
2025

- Reflect on opportunities for improvement. Based on your performance, what steps will you take to help improve your clinical practice in the future? **After this simulation I felt like I could improve on my therapeutic communication techniques and sources of education. For example, I would change the way I responded about her appearance and instead of being straight forward and honest, I would instead make an observation of what she appears to be feeling and offer help to change that. Also, I advised the assessment nurse to educate her on the Sandusky Artisan's support**

group, however in the future I would educate on Alcoholics Anonymous instead because it is important to present reality of what the patient is experiencing to them based on their assessment findings, rather than beating around the bush. I also felt like I could improve on my safety measures in that I did not put on gloves when administering medications, and I will improve in the future by ensuring to do so.

- 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? Explain.

Before the simulation, I felt neutral. I chose this word because surprisingly, I didn't feel nervous or really feel any emotions about the simulation. Instead, I felt like I didn't have time to think about it. During the simulation, I felt surprised because the patient was acting different than I expected and it felt less hard than I expected it to which surprised me. After the simulation, I felt relieved that I made it through successfully and that I had good feelings about how I performed.