

Firelands Regional Medical Center School of Nursing
Faculty Manual

Psychiatric Nursing 2025

Reflection Journal Directions:

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 the patient was restless, agitated, guarded, and appeared anxious and depressed. She later shared that her best friend had recently passed away, which contributed to her low mood and affect. I interpreted that drinking could be a way of coping with the recent loss. She reported that she was admitted for falling and doesn't know how. She initially denied alcohol use, but eventually disclosed that she frequently goes to bars and drinks Bud Light. The CIWA score was 25, indicating moderate to severe alcohol withdrawal. The patient also exhibited visual hallucinations that were spiders. Considering the CIWA score, restlessness, hallucinations, and her last alcoholic drink being 3 days ago, I interpreted that the patient was experiencing alcohol withdrawal symptoms and may be at risk for complications if not addressed. My response was to ensure safety, reorient the patient as needed. I believe this response was appropriate, as it addressed the patient's acute symptoms and help prevent escalation.

- Describe your communication with your patient; was it therapeutic and professional? Provide one example of how you connected with your patient.

My communication with the patient was mostly therapeutic and professional. The patient became agitated during questioning, stating there were too many questions. I calmly responded by explaining that I am just trying to be thorough so we can give the best care possible and that it will not take much longer. This helped reassure her and de-escalate the situation. A moment of connection occurred when she mentioned seeing spiders acknowledge her fear and said if you're scared of spiders, I don't see them, but we will help take care of them right away with your medication. This validated her experience while reinforcing trust and safety.

- 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.).

I collaborated with the medication nurse by reporting the CIWA score and clinical symptoms, which prompted her to administer lorazepam. When the nurse told the patient she was giving medication to help with her hearing things I clarified that she was seeing things. This insured accurate communication. If appropriate for the situation I would have contacted case management for alcohol recovery resources, grief counseling, or support group referrals.

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

One area of communication that needs improvement is exploring the underlying cause of the patient's alcohol use. I wish I could have gotten a patient to open up more so I could find out whether her drinking increased following her friend's death or if it has always been a problem. When I first came into the room, I tried this by saying how are you feeling. The gave short answers and I did not know how to continue the conversation from there. A more therapeutic answer might have been saying "I am sorry for your loss. Sometimes people cope differently with grief. Can you tell me more about your relationship with alcohol before and after your friend passed away? From these questions alone, the conversation could branch out to so much more.

Reflecting:

- Describe one teaching need that you identified or implemented. What was the patient's response to that teaching need?

A teaching point would be explaining the dangers of mixing alcohol with medications. Alcohol can worsen side effects such as sedation and confusion. I reinforced the idea of support groups and professional resources for alcohol misuse. The patient was somewhat receptive and stated she would be willing to consider if I bring them to her.

- How did your expectations change as the simulation progressed? How did you adjust your nursing care to these new expectations?

Initially, I expected mild withdrawal symptoms, but as the simulation progressed, I observed signs of it becoming more severe, including hallucinations and a CIWA score of 25. Recognizing this, I adjusted did my care plan to prioritize patient safety, monitor for worsening symptoms, and reassess frequently.

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

NURSING NOTE	
Date	<p>Patient is alert and oriented to person, place, and time. CIWA score is 25. Patient presents with moderate tremors upon arm extension, restlessness, and anxiety. Patient reported visual hallucinations, stating she saw spiders. She denies alcohol use initially but later admitted to frequent alcohol consumption. Lorazepam was administered per protocol. Safety measures implemented. Patient educated on risks of combining alcohol with medications. Will continue monitoring CIWA score and reassess PRN.</p>

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

The simulation highlighted the need to improve my skills in therapeutic communication, especially in sensitive areas like substance use and grief. I plan to enhance my motivational interviewing techniques. Additionally, I want to build my confidence in assessing and responding to mental status changes.

- 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 nervous because I didn't know what to expect with alcohol withdrawal.

During the simulation I felt rushed. I thought the CIWA scale would take me longer to do, but most of it I was able to just observe rather than ask specific questions.

After the simulation I felt relieved that it was over. I was able to complete the objectives. I also learned a lot as an observer.