

Firelands Regional Medical Center School of Nursing  
Faculty Manual

Psychiatric Nursing 2025

**Reflection Journal Directions:**

**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 in this scenario that the patient was admitted for a fall and initially denied having any type of drinking problem. Recognizing this I knew it was important to use the CAGE questionnaire. This was done by another student and it assessed for potential alcohol dependence. They also did the CIWA scale to monitor withdrawal symptoms, which was about 5. Both of these responses were appropriate. Based off the CIWA, lorazepam was given to managed withdraw symptoms. Talking with the patient we also observed a lack of knowledge of why she had really fallen, her use of alcohol, education was provided and resources were given such as support groups like alcoholics anonymous. This was also appropriate because it can lead to her being safer and getting help. In the second scenario, another CIWA score was taken. This one was higher than the first scenario at about a 19. Based off this score, we recognized that she needed medication again but this time at a higher dose. We also observed hallucinations, which are a significant sign of severe alcohol withdraw. Based off this score, we recognized that she needed medication again but this time at a higher dose Lorazepam was given, 4 mg, to help with her symptoms of withdraw. I also feel like this was appropriate because recognizing the worsening condition early and escalating treatment helped reduce the risk of complications.

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

I feel like mostly my communication with the patient was therapeutic and professional. I made sure to use a calm, nonjudgmental tone of voice, which can help build trust, especially since the patient initially denied having a drinking problem. I made sure to listen actively to what the patient was saying about how they were feeling. One example of how I connected with the patient is by providing education about the medication they

were about to receive, Lorazepam. I explained that, “This is the medication to help with managing your symptoms of withdraw. It might cause dizziness, drowsiness, and lethargy”. This can help the patient feel more involved in their care and that I respected their right to understand what was being given to them.

- **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 in this scenario occurred when I spoke with the assessment nurse about the patient’s CIWA score. The assessment nurse informed me that the patients CIWA score was increased from a five to a nineteen now, which guided the second dose of Lorazepam to be given and it being higher than the first dose. This interaction demonstrated the importance of clear communication and teamwork in ensuring that the patient receives timely and effective care.

- **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 how my communication could use improvement is when I was talking to the patient and they mentioned seeing bugs. I responded, “There is no bugs over there”. I should have responded with, “I understand that you see bugs, but I do not see any bugs”. This is a less conformational response. It makes the patient feel like you understand them and that you do not think they are not telling the truth. It also lets them know that what they are seeing is not actually real.

**Reflecting:**

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

One teaching need that I identified was the need for medication education. This had to do with why she needed to be taking the Lorazepam. I educated her that they were for her withdrawal symptoms and that by taking this drug it will help manage them. I mentioned her symptoms such as hallucinations will decrease. She was confused on why she would need this drug because she did not think that she had any alcohol dependence.

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

My expectations changed as the simulation progressed. I expected the patient's condition to remain stable after receiving the initial dose of Lorazepam. I assumed that once the CIWA score was assessed and medication was given, symptoms would gradually improve. However, in the second scenario, the patient's condition worsened, including a higher CIWA score and the appearance of hallucinations, which I had not initially expected. This shift in the patient's condition changed my expectations and made me realize how quickly alcohol withdraw can escalate. I adjusted my nursing care to these new expectations by communicating effectively with the assessment nurse to know what medication was needed and how much the patient needed for her symptoms.

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

NURSING NOTE	
<p><b>Date</b> January 11, 2025</p>	<p><b>Example:</b> 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.</p>

NURSING NOTE	
<p><b>Date</b></p>	<p>Pt CIWA score completed by assessment nurse; score 19. Pt becoming visibly more anxious and restless. Pt started having visual hallucinations. Lorazepam 4 mg PO administered as ordered for alcohol withdrawal symptoms. Call light is within reach. Will continue to monitor 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?**

One key opportunity for improvement in this simulation was in my therapeutic communication. When the patient began experiencing hallucinations. I responded with

“They are not there,” which I now recognize could have come across as dismissive or invalidation to the patient’s experience. A more therapeutic response would have been something like, “I understand that you’re seeing something, but I do not see it myself. You are safe here, and I’m going to stay with you.” This approach acknowledges the patient’s reality while gently reorient them, helping to build trust and reduce anxiety while there upset or frightened. Based on my performance I will take the steps of continuing developing therapeutic communication techniques, especially for patient’s going through withdrawals or experiencing an altered mental status.

- **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 anxious because I was not sure what to expect. During I felt focused because I tried to administered the medication safely and tried to respond appropriately. After I felt reflective because I thought about areas where I could use improvement.