

Alyssa Riehl

Simulation #1 Reflection Journal

Responding:

1. Discuss one thing you noticed, how you interpreted it, and how you responded. Do you feel your response was appropriate? Explain.

One thing I noticed during the simulation was the redness on the sim man's right leg. From the prebriefing report I had a few ideas about possible complications this client could face. A DVT was one of those complications, so when I saw the reddened area and the symptoms were described, I immediately looked for signs of DVT complications. I do feel this response was appropriate as a DVT is a life-threatening condition.

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

Yes, I feel my communication with the patient was both therapeutic and professional. Acting as the Charge Nurse during the simulation I felt I did well in explaining procedures and tests that the patient had to have and why, as well as reassuring the patient that everything we were doing as the healthcare professionals was in the patient's best interest at that time.

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

One example of my communication that could use improvement would be during my SBAR communication. I can't think of an exact statement I made, but I do feel the organization of the information I was trying to get across could have been better at points. I noticed this more when the patient had gone into respiratory distress, because I felt like I was under a lot of pressure.

4. Provide an example of collaborative communication you utilized within your team.

One example of collaborative communication I utilized within my team was when the medications nurse informed me the patient was in respiratory distress and was unable to take his pain medication orally. We both agreed it would be best to get the patient an order for the same pain medication IV, to decrease risk of aspiration.

Reflecting:

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

One teaching need I implemented was to the patient about taking his Coumadin as prescribed because it put him at higher risk to develop clots, and the result of not taking his medication most likely played a role in his development of the DVT. The patient and his family member both agreed he needed to take his Coumadin as prescribed.

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

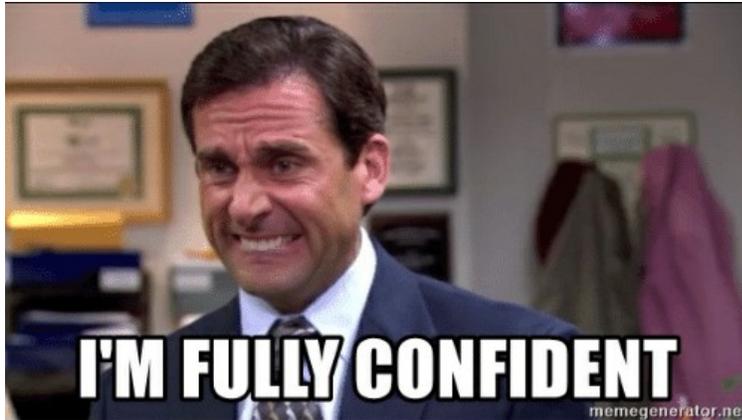
I expected the patient to present with more issues as the simulation progressed mainly because I suspected a possible risk for DVT or fat embolism from the information I already had from the prebriefing. The respiratory distress did present very quickly which caused me to adjust my nursing care because I had to act more quickly as the charge nurse and be in constant communication with the physician. It did become more stressful as it progressed.

3. Write a detailed narrative nurse note based on your role in the scenario.

Pt. 1-day post-op for ORIF. During assessment pt. states pain 6/10 in RLE. Swelling and erythema noted on calf. Symptoms suggest post-op complication of possible DVT. Consulted with Dr. Ammanniti. D-Dimer and Spiral CT ordered. Will continue to monitor. -A. Riehl, SN

4. 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: I chose this meme because I always try to act cool, calm, collected when doing patient care but the fact that people would be looking to me for answers as charge nurse had me nervous walking in.



During: I chose this meme because I felt like my mind was on overdrive (no Fast and Furious pun intended) when the patients status started spiraling downhill, but I just kept pushing on.

**WHEN YOU'RE THE CHARGE
NURSE & FEEL LIKE
YOU'RE RECKLESSLY BARRELING
DOWN A HIGHWAY BUT
SOMEHOW EVERYONE MAKES
IT OUT ALIVE OKAY.**



@NURSESONJA

After: I chose this meme because the scenario did become stressful and it was a lot to take in, once all was said and done.

