

## Reflection Journal Directions:

**Directions:** Review your recorded simulation. Provide in-depth, thorough answers to each of the following questions. Answers should be added directly into this document. Submit your journal to the dropbox for the appropriate simulation scenario (Scenario #1, Scenario #2).

### Responding:

Discuss one thing you noticed, how you interpreted it, and how you responded. (Ex. I noticed the patient was grimacing. I interpreted this to mean my patient was experiencing pain. I responded with a thorough pain assessment, use of guided imagery, and administered acetaminophen 650mg orally.) Do you feel your response was appropriate? Explain.

- I noticed that the patient had vomited emesis that was coffee ground color and was feeling lightheaded and dizzy afterwards. I interpreted this as the patient has more bleeding going on in their body and will need to contact the health care provider. I responded to this emesis by taking the patients vital signs to assess the blood pressure and heart rate specifically to monitor the blood loss and circulatory volume. The charge nurse was also contacted and she called the health care provider. I feel this response was appropriate because when a patient is loosing blood they can go into hypovolemic shock and the blood pressure and heart rate can change very quickly therefore, the vital signs are the first assessment done to determine what step needs to be taken next.

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

- The communication with the patient was very professional and therapeutic. It was professional in the fact that the medication nurse was very thorough when educating the patient on the medications given and making sure the patient knew what they were being given and what it was going to do. It was therapeutic because the charge nurse and bedside nurse made sure the patient knew they were there for them and that they were not going to leave the patients side through all of it. An example of a therapeutic connection made was Devon told the patient that she was going to hold his hand during the procedure and that he could squeeze it as hard as he needed to in order to distract him from the pain and discomfort of the nasogastric tube placement.

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

- One example of communication that could use improvement was when the assessment nurse made the statement “you’re going to be okay.” Even though this patient was most likely going to be okay, it is always possible for unknown complications to occur. The nurses also were not positive on what was going on since the EGD had not been performed yet even though. I would reword this statement to say, “We are providing you the best care possible and we are doing everything we can to try and make you comfortable. Please let me know if you have any questions or concerns at any time during your stay.”

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

- An example of collaborative communication that was utilized within the team is when the patient reported pain at 6/10 and complaints of nausea to the assessment nurse, the assessment nurse then alerted the charge nurse of these complaints and the charge nurse then called the physician to obtain orders. After orders were obtained from the physician, the charge nurse went over the medications with the medication nurse. The medication nurse then prepared the medications and administered them to the patient. All three nurses were able to collaborate due to the communication that was used.

### **Reflecting:**

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 that was implemented during the scenario was the assessment nurse educated that patient that it was good that he stopped smoking since smoking is a risk factor for peptic ulcer disease but told him that the use of aspirin for his headaches and stress is not the preferred medication since the aspirin disrupts the barrier in your stomach and puts the patient at a greater risk of developing ulcers. He was educated on using acetaminophen rather than NSAIDS and aspirin. The patient responded well to the education and verbalized that he understood this and it made sense to him.

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 because the patient had coffee-ground emesis and his blood pressure was dropping with an increasing heart rate. I adjusted my nursing care to this by assuring the patient that I was there for them and making sure that he

knew we were doing everything we could to make him feel better. I also adjusted my nursing care by having the charge nurse contact the doctor to get orders for fluids to bring the blood pressure back up and an order for a nasogastric tube placement.

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

- Pt. complains of pain at a 6 on a 0-10 pain scale and nausea. Dr. Dunbar notified and orders received and verified for 25 mg of Phenergan IM q6h or prn for nausea and 2 mg of morphine IM q4h or prn for pain. 1mL of Phenergan given IM into the left deltoid for nausea. Respirations were at 20 bpm and 2 mL of morphine given IM into the right deltoid for pain. Patient educated on using call light to get up due to medication side effects. Bed alarm on and functioning. Call light in patients hand.

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: Unsure      During: Suspenseful      After: Confident

I chose unsure because the report was very quick and there was not much provided on the patient so I was not sure what to expect or what was going to happen initially. I chose suspenseful for during because while watching the scenario on the outside and not being involved, I felt as though I was waiting for something big to happen but instead the scenario seemed to run very smoothly and seemed very realistic for what the patient had going on. I chose confident for after because after watching the scenario in great detail, I felt as though I would be confident on what to do if this were to happen in a real life scenario.