

## Mental Health Case: Sharon Cole

### Guided Reflection Questions

#### Opening Questions

How did the simulated experience of Sharon Cole's case make you feel?

Sharon Cole's nervous, anxious energy when walking in her room made me feel anxious as well.

Talk about what went well in the scenario.

For the most part the scenario went well with checking the scene, identifying who I am, assessing her cast on her leg and mediating her for agitation.

Reflecting on Sharon Cole's case, were there any actions you would do differently? If so, what were these actions and why?

I could have educated her on her psychiatric medications. To inform her about her medications and how they work. I did not see the tab for that. Could have asked her when she felt her best. These two questions may have been under the same tab button. To understand her a little better to see what helps with her mental health.

#### Scenario Analysis Questions\*

**PCC** What issues have you identified that could be barriers to a successful treatment for Sharon Cole?

She had episodes of delusional tendencies like thinking she has to kill someone from Washington or that they were watching her.

How would you address the manic state?

To treat this I would re-direct her back to reality by letting her know that she was in the virtual hospital and no one was watching her from Washington and medicating her as well. Dimming the lights to have a relaxation and calming effect.

**PCC/I** Identify a support group that would be beneficial to Sharon Cole's husband.

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**PCC/S** What action should be initiated due to Sandra Cole's medication regimen?

Education with the patient and family member on her medications. If she is unable to take her medications her husband can help with following through with this to maintain her mental health status. They also need to be educated on her medication the side-effects and how they work and any blood test that she needs to do to maintain her correct dosage of medication.

### **Concluding Questions**

How would you apply the skills and knowledge gained in the Sandra Cole case to an actual patient situation in different acute care units (emergency room, intensive care unit, obstetrics unit, etc.)?

I would apply these by remaining calm myself so I am not projecting my nervous energy on the patient. Monitor signs for elopement possibly putting a wonder-guard on her a bracklet of some type. Checking her medication list and lab values. Getting Sandra involved with group therapy and use therapeutic communication with her.

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\* *The Scenario Analysis Questions are correlated to the Quality and Safety Education for Nurses (QSEN) competencies: Patient-Centered Care (PCC), Teamwork and Collaboration (T&C), Evidence-Based Practice (EBP), Quality Improvement (QI), Safety (S), and Informatics (I). Find more information at: <http://qsen.org/>*