

Roni Daughenbaugh 2/22/21

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.

The patient was moaning and saying that he was in a lot of pain. I responded by doing a pain assessment of what he would rate his pain out of 10, where the pain is located, and what the pain felt like. Following the pain assessment, I did a focused assessment of the 6 P's on the patient's left leg because he had a left lower leg fracture. I checked patient's vital signs and allergies then administered morphine 5mg IM in the deltoid. I felt that my response was very much appropriate to get the patient somewhat comfortable for the rest of the assessment.

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

I felt like my communication with my patient could have been a little better by explaining what I was doing while I was doing it rather than leaving the patient hanging and staying quiet while doing my tasks. But there was a moment where my patient was very concerned about losing his leg and I explained to him that we were rushing to get tasks done and moving his surgery up to provide the upmost care and do everything we can to prevent losing his leg.

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

I felt like my communication with my patient could have been a little better by explaining what I was doing while I was doing it rather than leaving the patient hanging and staying quiet while doing my tasks. Another example was when the patient said he was scared to go to surgery. I responded with that his doctor was very good at what he does. I should have responded with what the surgery will entail and gone more into depth about why the doctor was moving his appointment up.

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

I felt like me and my partner did a good job at not necessarily having to tell each other what to do but picking up where the other left off and working together. For example, my partner had went to call the provider and I picked up after her on the IV pole to distribute the antibiotics quickly before surgery.

Reflecting:

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

My patient needed to be educated on why he had to be sent to surgery early and wanted his wife to know. The patient seemed to feel better after he got some reassurance on the reasoning of the rush.

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

During the scenario my expectations didn't change much. Other than it becoming a lot more faster paced than I was expecting it wasn't too bad. I started to feel scattered brained. I got quiet and started to think of my orders and what to do to get patient comfortable and ready for surgery. It wasn't necessarily my best option to become quiet, but I was able to think of the nursing interventions and what was needing to be done before the physician got there.

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

During initial interaction with patient, patient complained of a pain of 8/10 and morphine 5mg was given IM in deltoid. Pain was not relieved, and I did a focused assessment on patients left leg where the fracture was located. The left lower leg presented with cool skin, weak pulse times 2, 2+ pitting edema, the foot was black and blue, patient had numbness and tingling in the toes and could not move the toes. Physician was notified and moved surgery up. Antibiotic cefazolin 100 ml over 30 minutes was distributed in normal saline. Patient is a bit scared, but I tried to calm him down and we prayed. Physician will be here in 5 min and surgery was notified of the move up in surgery. They will be here soon to get him.

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?



I chose this meme because I felt really good about some situations during the simulation and sometimes I just felt like what was I thinking.