

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 my patients blood sugar was very low at 60. I interpreted this as my patient may go into a diabetic shock. We called the doctor, and he gave us an order to start 5% dextrose 125 mL/hour through his IV. I feel as this was appropriate since the patient was NPO and could not eat or drink anything to help his sugar go back up.**

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

- **I thought my communication with my patient was professional. When I got the order to start Dextrose, I explained to my patient exactly what I was going to do him and the purpose of starting him of fluids beforehand incase he had any concerns or questions.**

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

- **Before I hung his fluid of Dextrose, I was explaining to my patient what I would be doing and how it would affect him but I did not ask him specifically if he had any questions for me or any concerns and I forgot to ask my patient if he was allergic to anything. Next time I will ask my patient if he has any concerns about this treatment and give him enough time to think of questions for me to answer.**

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

- **My team and I communicated when we needed to call the doctor and get new orders and when we had questions about our orders. My classmate helped me setting up the IV pump and I helper her with the NG tube insertion.**

Reflecting:

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

- **I would have educated my patient to stop taking aspirin. He was taking aspirin every 6 hours for 2 weeks. He had a history of GERD, Peptic ulcer disease and diverticulitis. Taking aspirin in an excessive amount with a history of GI problems can lead to a GI bleed.**

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

- **After reading my patients chart, I expected to walk into my patients' room with him experiencing a perforation or being in shock. My expectations changed when my patients blood sugar was 60. We adjusted the care by calling the doctor and starting him of fluids.**

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

- **My patient came into the hospital with a suspected GI bleed. He was a 65-year-old male with a history of GERD, peptic ulcer disease, diverticulitis, migraines, diabetes, and was a smoker for 22 years. His vital signs were as follows: T 98.1, BP 118/70, R 18, P 88, and SPO2 97. He was cool to touch and pale. My patient was resting and feeling very nauseous. He had received morphine earlier in the day and was it was starting to wear off. We took his blood sugar, and it was 60 so we called his doctor. His doctor gave us an order to administer 5% Dextrose Normal Saline 125 mL/hour and to insert an NG tube if he threw up again. We started him on his fluid to increase his blood sugar. Then we inserted an NG tube on low intermittent suction with an output of 300 ml of red bloody emesis.**

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?

- **Excited: I chose this word because I was very eager and excited to do this simulation. After completing the first simulation and being very nervous I found that it was not too bad and nothing to be nervous about. I think it is a great experience to be able to do the simulations and get as much practice as we can.**