

Mental Health Case: Linda Waterfall

Guided Reflection Questions

Opening Questions

How did the simulated experience of Linda Waterfall's case make you feel?

- The experience made me feel sad for her because she was having anxiety about her surgery, didn't have her family there and was questioning if she should have the surgery. Overall, it helped me feel more confident if I had a pt in a similar situation.

Talk about what went well in the scenario.

- I think I did well making sure the room was safe when I first walked in and talking to her about her feelings since she was notably anxious (creating a therapeutic bond) before doing any of the assessments that had to be done. This way I have created a bond and trust with the pt before getting into anything too serious.

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

- The biggest thing I would have done differently was asking her if it's okay that her cousins were in the room before I asked her anymore questions. I would have done this out of respect for her to make sure she was okay with it. If given the option I also would have reassured her that we can get her medicine pack for her to calm some of her anxiety.

Scenario Analysis Questions*

PCC What priority problem(s) did you identify for Linda Waterfall?

- The priority problem was if Linda should have the surgery or not. Other problems were that she didn't have her medicine pack. These two problems were causing Linda to have anxiety and a lot of worry.

If the nurse did not recognize or respond appropriately to Linda's concerns, what could the ramifications be?

- Linda could have not gone through with the surgery because of how anxious she was feeling. If nobody would have listened to her about the anxiety and her medication bundle she probably wouldn't have gone through with it. This would have put her at an increased risk of death due to the cancer not being treated soon enough.

PCC/I Discuss the importance of a medication bundle for Native Americans.

- It's important because it's thought to protect them. Native Americans believe the bundles are holy and they are given to them by the creator to hold their people together. They are believed to be able to heal people

T&C What other individuals in addition to the primary care team should be involved in Linda Waterfall's case?

- I think Linda would benefit from talking to a psychologist or therapist. As of now Linda is very confused if she should go through with her surgery. This was giving Linda a lot of anxiety. She had a heart rate of 110 so I would assume she has severe-mod anxiety. Talking to a professional would help her sort out her feelings and lessen her anxiety. This would allow her to come to a clear decision about the surgery as well as making sure her anxiety doesn't progress to a panic.

PCC In Linda Waterfall's situation, what therapeutic communication techniques would be most effective?

- I think Listening would be very important. It's important for patient to get their feeling out and it helps them cope. Some others that would be effective are offering self, offering general leads, reflecting, or formulating words into actions.

Concluding Questions

Describe how you would apply the knowledge and skills that you obtained in Linda Waterfall's case to an actual patient care situation.

- In the future I would focus on creating a therapeutic bond with a pt like Linda. I would do this because when it comes to things like anxiety it can be hard to talk about it. If you build trust and a good therapeutic bond with the patient it will be easier on both of you to work out a solution. It will help the patient feel safe and let them be able to express their thoughts, feelings, and emotions more freely.

* *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/>*