

## Mental Health Case: Randy Adams

### Guided Reflection Questions

#### Opening Questions

How did the simulated experience of Randy Adams' case make you feel?

It was okay. I'm understanding more on what type of questions I need to be asking my patients so that I can get overview of what going on so they may get appropriate tx.

Talk about what went well in the scenario.

Having his wife there for support. Considering he was having issues with his memory; he understood his emotions on how he felt not able to remember certain stuff. Randy's noting that he's not crazy that he can see but only his eyes were sensitive to lighting. He was very cooperative during the interview screening with slight jittering but nothing to extreme.

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

During the interview I realized related vSim cases I tend to go in with questioning the patient overlooking performing vitals first because I associate them to patients who exhibits somatic problems. However, I did assess his pain after asking him to remove his glasses.

#### Scenario Analysis Questions\*

**PCC/S** What could occur if Randy Adams kept taking his sumatriptan succinate?

If it doesn't work after first the migraine it needs to be reported to HCP. Also, the medication can cause serious SE such as seizures and sudden severe headaches to name a few.

**PCC/I** Discuss the types of support groups and resources that would be beneficial to Randy Adams and his family.

For Randy: Cognitive behavior groups, psychotherapy, and mindfulness therapy. These therapies can help with anger, stress, and combat support

Joy can benefit going to support group therapy where families of veterans can learn from each other in dealing with family member who has PTSD.

**I** What benefit services are available for veterans with PTSD?

- Housing
- Mental Health Services
- Free counseling
- Supplemental Security Income

- Social Security Disability Income

**PCC** What discharge teaching needs to be given to Randy Adams' wife related to his care?

- Report worsening headaches to HCP
- No alcohol/beer
- Stay in quiet environment therefore avoid loud noise
- Avoid bright light by staying in dark room
- Joy needs to be able to recognize when she's burnout and stress to seek help at support group

### Concluding Questions

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

- Treat him with respect like I would do any other patient
- Provide comfort to relieve any agitation patient may be experiencing
- Be nonjudgmental toward the patient's condition

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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/>