

Debriefing Guide

Pediatric Case 1: Brittany Long (Core)

Opening Questions

1. How did the simulated experience of Brittany Long's case make you feel?

Throughout the simulation of Brittany Long's case, I felt, thrown right into the patient's room. The simulation was confusing for me at first, as it seemed hard to navigate through all of the opportunities provided on the side screen. I felt some anxiety as I was not sure which step was appropriate to choose first. Introducing myself and building a trusting relationship was my priority for caring for Brittany. At first, I did not feel confident in providing care for the patient as the simulation made me feel frustrated because I was not sure if I was providing care in the correct steps as the simulation wanted me to.

2. Describe the actions you felt went well in this scenario.

The actions I felt that went well in this scenario were, I walked myself through the steps as I was caring for a real-life patient. I began by hand hygiene, introducing myself, identifying the child, then identifying the relatives. Going forward, I examined the child's leg that was causing pain and went on with my assessment. After the assessment, I tried to explain the care to the patient and the mother. Then, I navigated through the patient's chart and into the provider's orders. After noticing the orders of medication, I administered them to the patient. Overall, the simulation was challenging to navigate, but I look forward to improving my abilities throughout the semester.

Scenario Analysis Questions¹

1. What is the relationship between fluid and oxygen therapy in the treatment of sickle cell anemia?

The relationship between fluid and oxygen therapy in sickle cell anemia is that the fluid is given to slow or stop the sickling of the cells. The oxygen is monitored due to the inadequate oxygen flow to the tissues in the body. When the cells lose their oxygen, that is when they turn into the formation of a sickle, the cells then will stick to others, resulting in blocking off oxygenation to the tissues. Treating the patient with fluids and oxygen can inhibit the delivery of oxygen to the body tissues, and can aid in the pain caused by the crisis.

2. What complications might Brittany Long face if her symptoms are not recognized and treated in a timely manner?

The complications Brittany Long might face if her symptoms are not recognized and treated in a timely manner may be a stroke, acute chest syndrome, splenic sequestration, pulmonary hypertension, blindness, leg ulcers, gallstones, and organ damage. The complications can be fatal and require a medical emergency, and it is crucial to continuously monitor a patient with sickle cell anemia. Due to the cells blocking off the blood flow and the many complications that can occur, it is essential to treat and recognize the symptoms promptly, as Brittany did in the scenario, as she may have faced significant complications. It is vital to educate the patient and guardian of symptoms, risk factors, treatments, and advice on when to seek medical attention.

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3. What methods of pain management did you use and what other methods should be considered for Brittany Long, based on the latest evidence-based practice?

The methods of pain management used during this scenario were morphine, acetaminophen, and ibuprofen. The patient was given ibuprofen in the emergency department. Methods of pain management for treating moderate sickle cell disease patients are nonsteroidal anti-inflammatory drugs and oral opioids. If the patient has severe pain and persists, a patient-controlled analgesia pump may be considered by the health care team. It is essential to offer by mouth fluids and can be beneficial to provide the child with a comfort stuffed animal. The patient can experience severe pain, and it is crucial to assess the measure of pain they are in by using the FACES scale for children.

4. What discharge teaching should be provided to assist Brittany Long's mother with her home care?

The discharge teaching that should be provided to assist Brittany Long's mother with her home care is the early acknowledgment of signs and symptoms of a crisis, any complications the patient may endure, risk factors, and treatments. The nurse should provide discharge teaching on the proper use of incentive spirometry to aid in the prevention of pulmonary complications. While providing discharge teaching, pain management is essential for sickle cell disease patients. It will be significant to discuss the pharmacological and non-pharmacological pain management remedies with the patient's mother. The most important item to remember is making sure the child is comfortable and avoids a crisis in the future. With the proper education, it can be beneficial for the mother when caring for the child.

5. Reflect on ways to improve safety and quality of care based on your experience with Brittany Long's case.

Ways to improve safety and quality of care based on my experience with Brittany Long's case would be to identify the main items that need to be addressed first, then going through the assessment, and providing the patient with treatment and pain relief. Caring for a child brings in more barriers, as they may be scared and not understand the care team is providing. It is crucial to explain the material in a way a child will understand. Improving safety and quality of care would be providing pain management, assisting the child when she needs to get up to use the bathroom, to avoid any risks of falling. It can be beneficial to offer the child a comfort stuffed animal.

6. Identify additional individuals who should be included on Brittany Long's care team.

Many additional individuals should be included on Brittany Long's care team. The list consists of; the primary pediatrician, hematologist, ophthalmologist, pulmonologist, CNA, and phlebotomy for labs. For a child with sickle cell disease, it is essential to start seeing other health care providers. A critical provider would be a hematologist specializing in blood disorders. An ophthalmologist will be recommended in relation that blindness is a common complication of sickle cell disease. A pulmonologist will be recommended due to the common complications of acute chest syndrome and pulmonary hypertension resulting from sickle cell disease. CNA's and phlebotomy are on the care team to aid in a monotonous routine and providing quality care to the patient.

7. What key elements would you include in the handoff report for this patient? Consider the situation-background-assessment-recommendation (SBAR) format.

The key elements that I would include in the handoff report for this patient following the situation-background-assessment-recommendation (SBAR) format would begin with; the patient was brought in by her mother during the night with complaints of right lower pain occurring the last two days. In the emergency department, she was given oral pain medication at six in the morning. Brittany is a five-year-old African-American female with a history of sickle cell disease she was diagnosed at six months of age. She has been prescribed regular folic acid supplements. Brittany has experienced pain crises before, managed at home with acetaminophen and ibuprofen. She was hospitalized previously at age four for a vaso-occlusive crisis episode. The assessment includes her pain rates as a five on the FACES scale, and she would not let anyone touch her leg during the assessment, she has not had an appetite in the last twenty-four hours but has taken small amounts of oral fluids. My recommendation is to admit Brittany for observation and monitoring while providing pain management, fluids, and continued oxygen monitoring.

8. Discuss quality-of-care indicators for the management of children with sickle cell disease.

The quality-of-care indicators for the management of children with sickle cell disease are related to the complications that can arise concerning the condition. The difficulties adhere to be fatal and may cause the patient to need to seek medical emergent attention. It is essential to treat and recognize the signs and symptoms of a crisis promptly. An assessment will be performed to reveal abnormalities and comprehensive planning throughout the care team. While providing quality care for children, it is necessary to educate them on why you are conducting such activities, to help ease and calm the child.

Due to the many complications, it is essential to provide quality of care for the management of children with sickle cell disease.

Concluding Questions

1. Reflecting on Brittany Long's case, were there any actions you would do differently? If so, what were these actions, and why would you do them differently?

As I reflect on Brittany Long's case, the actions I would perform differently would be the steps that I provided the care. As I am not used to using the virtual simulation, it wasn't easy to navigate. When I asked the patient questions, I forgot to ask the relative about any known health problems. I also got ahead of myself and administered the medication too soon, and took a blood sample without the order for one. I would do these actions differently because, as a nurse, I want to provide quality care to my patients. I strive to abide by the fundamental rights, as I made mistakes while administering the medication to the patient.

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

I want to apply the knowledge and skills that I obtained in Brittany Long's case to an actual patient care situation by providing quality care and treating the patient promptly to hinder any complications that may arise if not treated. It is crucial to provide support, education, and follow-up to the patient and family as this disease is chronic and will have an immense impact on Brittany's life. The knowledge I have learned from the simulation today will be beneficial in my future throughout the simulations and in actual patient care situations. The simulation has helped me gain confidence while providing patient care.

Resources

Ricci, S. S., Kyle, T., & Carman, S. (2017). *Maternity and pediatric nursing*. Philadelphia:
Wolters Kluwer.

Sickle cell anemia. (2020, January 30). Retrieved June 4, 2020, from

[https://www.mayoclinic.org/diseases-conditions/sickle-cell-anemia/symptoms-causes/
syc-20355876](https://www.mayoclinic.org/diseases-conditions/sickle-cell-anemia/symptoms-causes/syc-20355876)