

## **Pediatric Case 4: Brittany Long**

### **Guided Reflection Questions**

#### **Opening Questions**

##### **How did the simulated experience of Brittany Long's case make you feel?**

I was very frustrated with this simulation from the beginning. The program did not give an extensive amount of direction on how to progress through the simulation. We have not used a program like this before, so it would have been helpful to have a tutorial. After I made it through the simulation the first time, I was able to redo it and became much more comfortable with progressing throughout the program resulting in a much higher score. Although the online clinicals are not ideal, and it does not compare to hands-on experiences, I am confident that throughout the semester, using this program it will become easier. My confidence will expand doing these simulations.

##### **Describe the actions you felt went well in this scenario.**

I felt that I did well during the introduction process and gathering all of the information. I started the simulation doing just as I would do with any patient that I see at work. I introduce myself, hand hygiene, ask how they are feeling, and if they are having any problems with pain or breathing, and then continue throughout their vitals and history. Getting Brittany's pain under control was one thing that was my top priority. I was successfully able to accomplish that priority. Overall I feel that the simulation was successful. I wish there would have been more communication to get more information from the care team but was happy with the general care I was able to provide to assure the patient was comfortable.

**Scenario Analysis Questions[1]****EBP What is the relationship between fluid and oxygen therapy in the treatment of sickle cell anemia?**

Sickle cell patients have the inability to oxygenate adequately. These patients often have low hemoglobin and platelets as a result. When their body has a deprivation of these essential blood products, they have intensifying pain. Providing oxygen therapy to these patients is vital as it helps the cells not to sickle. By administering fluid to the patient, the blood cells can expand and return to a standard shape. The combination of oxygen and fluids the body can then perfuse more productively. This process will decrease the pain and improve the comfort of the patient overall. These patients typically have reoccurrences anytime they have become ill, dehydrated, or overtired. They are often hospitalized and need to be monitored closely as they can have a change of status very carefully.

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

Brittany Long may have several complications if her symptoms are not recognized quickly, including cardiac arrest, organ damage, respiratory arrest, vision changes, and stroke. These can be avoided by ensuring that Brittany and anyone who spends time with her frequently, including parents, caregivers, family members, and teachers, are educated on the signs and symptoms before she reaches the point of a medical emergency. Brittany's family needs to make sure that she has a medication list and all medical information with her at all times. If something happens, the providers have the information they need to give her the best care Brittany's parents could arrive. These patients typically turn quickly, so it is imperative that Brittany has a sound support system and presents to all follow-up appointments religiously.

**EBP 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?**

Pain management was one of my top priorities for Brittany's care. She was given Codeine and Acetomenophen before being admitted to the pediatric floor. After assessing Britany, she reported her pain score a five of five using the FACES pain scale. I was able to see there was morphine available. I administered morphine, and Brittany reported that she was pain-free. There was also Tylenol that could have been given at 0900 if the patient was experiencing additional pain. Overall for sickle cell anemia, it is suggested to use anti-inflammatory drugs, opioids, or pain pumps. Brittany is five years old and has an impact on the type of medications they would want to prescribe. She will have increased tolerance to these medications as she ages since it is a life long disorder.

**PCC/I What discharge teaching should be provided to assist Brittany Long's Mother with her home care?**

Brittany's Mother should be aware of the signs and symptoms of a sickle cell crisis. She should have the education to know how to help prevent complications such as ensuring that she stays hydrated, does not get overheated, avoids being around those with sickness, and has scheduled rest times. Brittany's Mother should be aware of the medications that can help in the early onset for management to avoid a crisis. Brittany's comfort, hydration, adequate nutritional intake, and pain control should be of the top concerns while providing care at home. Having the support that the family needs to care for a child with a chronic illness is key. Ensuring they have the education, resources, and ability to provide will have a significant impact on Brittany's comfort resulting in decreased hospitalizations due to crisis.

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

Reflecting on ways to improve the safety and quality of care base on Brittany's Long's case, I would start with education. The case study showed that this was Brittany's third hospitalization at age 5. Making sure that the family is educated on how to provide safety for Brittany by avoiding sickness, staying hydrated, ensuring that she has adequate rest times, and being monitored by a physician will improve her quality of life. The care she receives from those in her life is essential to her quality of life, and these individuals should be educated about her condition and ways to help her avoid crisis as well. There are many resources for families who have children with chronic illnesses. This information should be shared with the parents as they may need someone just to come to watch Brittany for a few hours while they go grocery shopping or on a date night. Their mental and physical health is also a concern with the stress of Brittany's condition. Without taking care of the caregiver, they are unable to care for the patient.

**T&C/I Identify additional individuals who should be included on Brittany Long's care team.**

Brittany's care team should include her family, physicians, pulmonologist, hematology, and home care. She has a case that will be long term, and the family may need assistance in getting a process started to provide care for the rest of her life. This is the support they may need for the rest of her life, or they may be able to provide the care required once they become more educated. Brittany will need to be followed closely by a physician. Sickle cell anemia requires close monitoring to avoid a crisis. She will need to have labs drawn and be a pulmonary and

hematology consult. These specialty areas help guide the general physician to promote the best care for the patient while ensuring comfort and stabilized conditions.

**T&C/I What key elements would you include in the handoff report for this patient?**

**Consider the situation-background-assessment-recommendation (SBAR) format.**

The key elements I would provide in the handoff report for this patient would be that the five-year-old African American girl was brought in with right upper quadrant pain and pain in her leg. She has a history of sickle cell anemia and has been hospitalized three times. The Mother stated that the patient had symptoms for a couple of days. Brittany was given codeine and acetaminophen in the emergency department for pain. I gave morphine at 0800, and she has Tylenol ordered for 0900. Brittany initially rated her pain a five of five on the FACES pain scale, and after the morphine was administered, she reported being pain-free. She does have D5W running with an IV in her right arm as she has had poor appetite and limited fluid intake. She seems to be resting comfortably. Mother is at the bedside.

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

Quality of Care Indicators for the management of children with sickle cell disease revolves around early recognition of crisis symptoms. When symptoms arise, the child needs to have immediate medical attention as the symptoms can worsen quickly. Caregivers should be aware of the child's baseline so they can better recognize abnormal behaviors. The child should always be taken seriously when complaining of pain as sickle cell anemia is not visible but a condition that only the child can report of worsening discomfort or pain. If the symptoms are treated adequately with the urgency, it may prevent a full crisis. If the conditions can not be maintained, it could become a fatality.

[1] *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/>*

## **Concluding Questions**

**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?**

This case was extremely frustrating initially because the simulation procedures were not clear on how to progress throughout the trial. Once I got the hang of the program, I felt pretty confident. When doing other simulations, I will make sure to write down the initial information provided on the patient. I initially disregarded some things, such as not knowing if the patient had any additional health conditions, which caused me to get a substantial deduction on the final score for my result. Overall I feel the simulation was victorious and look forward to expanding my knowledge as the semester progresses.

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

Although I do not have any kids, we see many children in the emergency department with a sickle cell crisis. This condition is something that I deal with often as I work in the respiratory department. These patients are different than any other case as they can be upset and report pain, and it is not visible. Most times, with children, you can see when they are hurt, but that is not the case with sickle cell. I feel that the care I provided would be very similar to that I would deliver

in real life. The number one concern with any sickle cell patient is pain management. I was able to get the patient pain free before the time limit expired, which was very rewarding for me.

**Resources**

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