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Pediatric Case 5: Eva Madison (Core) Guided Reflection Questions

Opening Questions

1. How did the simulated experience of Eva Madison's case make you feel?

I enjoyed this simulation because we recently learned about dehydration in class. During class, we learned about how patients with different dehydration levels present and what complications can occur due to the condition. We also recently learned about gastroenteritis in class. Having this knowledge before performing this simulation was very beneficial. This simulation felt more realistic because I didn't have to click everything to figure out what was needed. Instead, I was performing actions that I would do in real life. This simulation also had more assessment content, which felt more interactive. Overall, I finally felt like I had a concrete idea of what I needed to do to care for this patient. I was able to assess and treat her confidently.

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

In this scenario, Eva was experiencing severe dehydration. During her physical assessment, I focused on areas that are commonly affected by poor hydration status. I assessed the patient's mucous membranes, skin turgor, capillary refill, recent voiding habits, heart rate, and respiration rate. I did this well because I made sure to focus my assessment on factors relevant to her symptoms to ensure timely treatment and fluid administration. I also provided education to the patient and the family member, which is an integral part of providing quality patient care. By explaining all procedures performed, I was able to keep Eva calm and cooperative.

Scenario Analysis Questions[*]

1. What priority problem did you identify for Eva Madison?

Eva Madison was severely dehydrated when her mother brought her in because she had been vomiting and had diarrhea for three days. When she came into my care, she had a very elevated heart rate of 189 beats per minute and low blood pressure of 79/64. The patient also had a high respiration rate. During the assessment, Eva had dry mucous membranes and poor skin turgor. In Eva's case, rehydration was the focus of her care. The rehydration goal would decrease her heart rate and respiration rate and bring her blood pressure back to baseline. It would also improve skin turgor and moisten mucous membranes.

2. What complications might Eva Madison face if her symptoms are not recognized, and actions are not initiated on time?

In children, severe dehydration can quickly turn into a critical condition. Untreated dehydration can lead to hypovolemic shock, seizures, kidney failure, coma, and death (Sparks, 2016). Hypovolemia occurs when fluid volume in the body becomes so low that the blood pressure drops, and the body does not receive proper oxygenation. Poor oxygenation to the body causes organ failure and can result in coma and death. Decreased fluid volume causes shifts in the electrolytes, especially sodium and potassium. These changes affect the electrical signals within the brain, causing seizures and involuntary muscle contractions. Abnormal potassium levels can also cause dangerous changes in cardiac rhythm.

3. What actions should be implemented to decrease anxiety in Eva Madison and her mother?

The nurse should provide education to the mother regarding Eva's current condition and treatment plan. The nurse should avoid giving false assurances. The nurse should explain procedures, processes, and assessments in an age-appropriate manner to decrease any fear and anxiety Eva is having. The nurse can also let Eva participate in her assessments. The nurse should utilize distraction and comfort interventions,

including offering her a stuffed animal, providing games and activities for her to do, and encouraging her mother to talk to her or read her a book. Distraction and comfort interventions will help Eva stay calm and be more comfortable during her care.

4. Describe age-appropriate strategies to empower Eva Madison and her mother in all aspects of the health care process.

The nurse should talk to Eva using simple terms and provide explanations in an age-appropriate manner. The nurse should allow Eva to play with the medical equipment and participate in her assessments. The nurse should perform procedures on a toy doll or stuffed animal to show Eva what will occur and encourage her to comply. The nurse and mother should offer the child simple options to allow the child to have a choice. Allowing children to make simple choices for themselves will empower them to participate in their care. The nurse should provide education for the mother, stressing the importance of following all medical recommendations for Eva's treatment.

5. What should you teach Eva Madison and her mother about the home care of a patient with gastroenteritis?

Following discharge, Eva should consume adequate amounts of clear liquids, preferably water. Fruit juices are not recommended. Eva should also have a bland food diet (Drugs.com, 2020). Bland foods that would be beneficial for Eva's diet include bananas, applesauce, soup, rice, bread, and potatoes. Avoid sugary drinks and dairy until the patient is no longer experiencing vomiting and diarrhea. Gastroenteritis is contagious via droplets. Make sure to wash hands frequently and wash the child's clothes and linens separately. Educate the mother about the rotavirus immunization if the child is eligible to prevent future infections caused by rotavirus. To prevent future disease, educate the mother to properly wash all fruits and vegetables, and thoroughly cook all meats.

6. What role do you feel Eva Madison's mother has as a member of her health care team? (Explain your answer.)

Eva's mother plays a vital role as an advocate and caregiver. A caregiver is responsible for providing for the needs of the client. It is the mother's role to care for Eva. It is Eva's mother's responsibility to ensure that Eva is remaining compliant with any medications prescribed. Eva's mother should also be providing Eva with a bland foods diet and encouraging her to drink fluids to improve her hydration status. Eva's mother needs to monitor her for worsening conditions to prevent her from further harm. Eva's mother also serves as an advocate for Eva, providing details about her health and ensuring that Eva is getting adequate care during her stay.

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

S- The patient is a five-year-old Caucasian girl admitted on 7/11 to the pediatric unit.

B- She was admitted for severe dehydration due to gastroenteritis. She reports that she has had diarrhea and vomiting for three days.

A- The patient's vital signs include a BP of 81/65, heart rate 189 bpm, respirations of 29, and SpO2 97%. The patient has dry mucous membranes, poor skin turgor, and capillary refill greater than 8 seconds. She received an 400 mL IV bolus of normal saline and is currently receiving dextrose 5% in 0.45% normal saline at 62 mL/hour.

R- The patient is on a continuous pulse oximeter, cardiac monitoring, and an automatic NIBP. Monitor the patient's intake and output. She has no additional medications due.

Concluding Questions

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

While providing care for Eva Madison, I assessed the patient before administering any fluids or medications. The patient had an elevated heart rate and respiration rate. Following my assessment, I started Eva on dextrose 5% in 0.45% normal saline at 62 mL/hour. Following fluid administration, I reassessed the patient's blood pressure and heart rate but forgot to reevaluate her respirations and breathing pattern. The patient had elevated respirations, so it was vital to reassess her breathing after she got fluids. In the future, I will make sure to assess the respirations of the client. Overall, I will make sure to reassess any abnormal findings following any medical or nursing intervention.

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

From this simulation, I learned that I should always reassess my patient after performing medical and nursing interventions. It is vital to assess all findings that were abnormal before treatment. Assessment is essential for determining whether the current interventions being performed are effective in treating the client's condition. In the future, I will make sure to always assess my patient before and after interventions. I will also make sure to provide education to the patient and the family members present to decrease anxiety. This simulation emphasized the importance of education in decreasing anxiety and making the patient and their family more comfortable.

References:

Drugs.com. (2020). *Gastroenteritis in children*.

<https://www.drugs.com/cg/gastroenteritis-in-children-discharge-care.html>

Sparks, D. (2016). *Dehydration can lead to serious complications*. Mayo Clinic.

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