

Guided Reflection Questions for Medical Case 2: Jennifer Hoffman

Opening Questions

How did the scenario make you feel?

When first attempting the scenario, it made me feel anxious because although it wasn't a real patient I was afraid of not doing the correct thing that needed to be done. I think that personally in times of stress where I need to act fast, I forget things and start kind of panic in my head but that's where I know I have to remind myself its okay to make these mistakes now in this virtual simulation so that I know what to do in the real world. As I then attempted it for a second time I reviewed those things I did wrong or forgot to include and just reviewed how crucial it was for me to do.

Scenario Analysis Questions*

PCC What assessment findings would indicate that the patient's condition is worsening?

When the patient began hyperventilating and was demanding oxygen as they were out of breath.

PCC When a patient develops a rapid onset of shortness of breath, what are the nurse's immediate priorities?

To make sure the patient getting enough oxygen and assess the patient's needs and the ABC(airway, breathing, circulation), in this case, we want to make sure the patient is breathing adequately so that being providing O₂, positioning the bed at a high or semi-flowers position as well as administering medications to open up the airway during an acute asthma attack like albuterol as ordered.

PCC/I Review Jennifer Hoffman's laboratory results. Identify which results are abnormal and discuss how this relates to her clinical presentation and the disease process.

Getting to look at her lab results such as the ABGs, we can see the patient developing first respiratory alkalosis as she starts to hyperventilate and breathe fast, and then as it worsens we can see those ABGs change to respiratory acidosis indicating worsening of her condition meaning immediate action is required.

Concluding Questions

What communication techniques are essential for an extremely anxious patient who is having difficulty breathing?

We want to make sure to calm them down and place them in a comfortable position as well as a quiet environment and just overall lower all stimulations going on around them as that can trigger and makes things worse. We also want to educate them on what's going on with them and how we are going to try and make things better for them if they start hyperventilating we want to make sure that they breathe into a paper bag so that they can keep in that CO₂ they keep blowing out but that's usually only helpful at the beginning of the asthma attack.

What patient teaching priorities would be important for the patient who has experienced an acute exacerbation of asthma?

Some teaching priorities we would want for the patient who has experienced an acute exacerbation of asthma is to let them know the triggering factors they may have and how to avoid them. We also want to make sure that their taking their prescribed medications indicated for whenever they are getting an asthma attack and how to correctly use their medication such as the inhaler.

What discharge instructions regarding home medications would you provide the patient related to medications to use to alleviate symptoms of an acute asthma attack?

For some discharge instructions regarding home medications, we want to provide education on how to take the prescribed medications and how to take them. For instance, if they're prescribed an albuterol inhaler, you want to educate them to shake well before administering and to form a tight seal over the medication with their mouth, and to let the breaths last a little while so that the medication is fully absorbed.

What resources would you recommend for the patient experiencing asthma?

Resourced I would recommend for the patient experiencing asthma whenever they start to experience worsening of their asthma to directly go see their primary care provider or to their nearest hospital. If they have problems dealing with anxiety, maybe recommend them to form some relaxation techniques.

What is the importance of the asthma action plan in managing the care of a patient with asthma?

The importance of the asthma action plan in managing a patient with asthma cares to notice and find out those triggering factors that they may have so that we can easily prevent them from getting those asthma attacks frequently is mostly a key factor in caring for them.

What would you do differently if you were to repeat this scenario? How would your patient care change?

Something I would do differently in this scenario, well based on the second attempt I tried prioritizing the patient's respiratory status and continuously monitoring for any change so that I can act fast when having to administer the medications that they needed.