

vSim - Medical Scenario 2: Jennifer Hoffman Guided Reflection Questions

Nathaniel Muse

How did the scenario make you feel?

I really enjoyed the scenario, I felt like it was very interesting because it was very fast paced and I needed to be quick in order to save this patient. I feel like it reflects the real world in the sense that when a patient lacks oxygen, we as nurses scramble to correct the problem because it is one of the most important aspects of keeping a patient alive.

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

If the patient's oxygen saturation was declining even with the use of supplemental oxygen, it would show that her oxygen is declining and failing to keep her stable. Also, if the patient is struggling to communicate or speak words, it indicates they are lacking in oxygen.

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

The absolute first step would be to make sure that the patient has a patent airway, this could reveal an obstruction or something else that is causing her decreased oxygen. A second priority after this would be to administer oxygen and medications to increase airway patency and clearance.

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

Jennifer Hoffman's oxygen saturation levels were very low, they were in the range of 70s which showed that she was severely lacking oxygen. Her heart rate was also very elevated which is a natural response to a low supply of oxygen, it was pumping fast to compensate for the low oxygen in her body.

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

As a nurse, it is important to remain calm so you do not further the patient's asthma exacerbations and make them even more lacking in oxygen. It is also important to thoroughly explain procedures and treatment plans for these patients.

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

The most important teaching points for asthma patients are to avoid triggers of asthma, stop smoking because it can cause it, learn what medications to have on hand and know exactly what they do and when to use them, and knowing when to seek medical help when symptoms are worsening. We can also refer them to professional support groups when they need to.

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 patients experiencing an acute asthma attack, they need to know how to properly use meds and at what times. For immediate quick relief, albuterol and terbutaline are viable options. Also, oral steroids may be used on a regular basis to prevent acute attacks from happening.

What resources would you recommend for the patient experiencing asthma?

I would definitely recommend a nursing care plan and an asthma community such as the American Lung Association and the Asthma Community Network.

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

The asthma action plan is extremely important with an asthma patient because they are extremely vulnerable to attacks and likely to experience loss of oxygen.

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

If I was to repeat this scenario, I would definitely provide oxygen at a much faster rate than I did. I realize now the importance of giving patients oxygen quickly and timely when they absolutely need it.