

Primary Contact Person: Adrienne A Galbraith, RN, MSN
Nursing Simulated Learning Laboratory Specialist
Saginaw Valley State University
Department of Nursing 989-964-4050
Health & Human Services 106E



MITTEN Saginaw Partnership
Aleda E. Lutz VAMC/Saginaw Valley State University

Scenario File: Veteran PTSD P3

Student Level: Practicum 3
Expected Simulation Run Time: 25 min
Location for Reflection: Debriefing Room
Guided Reflection Time: 20 min.

Location: Local Health Department

Brief Description of Client

Name: Jackie Brown

Gender: Female **Age:** 26

Race: Caucasian

Weight: 135 lbs **Height:** 5'5"

Religion: "Atheist"

Major Support: Boyfriend (Tony Martinez) & Mother (Sharon Brown)

Phone: 989-555-8675

Allergies: No Known Drug Allergies

Immunizations: Up to date

Attending Physician/Team: Dr. David Shultz

Past Medical History:

- Seasonal allergies
- PTSD

Surgeries/Procedures:

- Tonsillectomy (1994)
- Right BKA (2009)

History of Present Illness: Jackie Brown is a 26 year old Operation Iraqi Freedom Veteran who is seeking assistance at the local health department. She presents to the pregnancy counseling center to verify her positive home pregnancy test. She has not told anyone including her boyfriend about the positive home test. She wants to be sure she is pregnant first.

Social History:

She returned home from being deployed to Iraq 18 months ago and was treated for PTSD 6 months ago. J.B. enlisted in the army because she wanted to go to college and could not afford it otherwise. She was recruited just out of high school. It seemed like a great opportunity, she would receive education, occupational training, health benefits and a large sign on bonus. J.B. never thought she would be sent to war and even when she was deployed for 18 months she never dreamed that she would be in combat since Congress did not allow females to partake in combat missions, besides she

had a desk job managing and maintaining property and supplies. Unfortunately, she was sent to war and was placed in a number of combat situations. During combat her leg was severed by shrapnel from an explosion, she received treatment at a military hospital over seas. She was also sexually assaulted by her commanding officer. After being physically and emotionally wounded and making it through the tough times she experienced over seas and after returning home she is ready to move on with her life and start a family with her boyfriend.

J.B. is currently living with her boyfriend in a small rental home in the city. They moved in together a few months ago after being split up for awhile they both realized they wanted to be together and decided they were ready to start a family.

J.B. is currently unemployed and is actively seeking employment. she is hoping to get the administrative assistant job she recently applied for. Tony works at the local auto repair shop making minimum wage.

Primary Medical Diagnosis: Pregnancy

Psychomotor Skills Required Prior to Simulation:

- Monitoring vital signs
- Physical assessment
- Psychosocial assessment

Cognitive Activities Required Prior to Simulation:

- Fetal growth and development
- Prenatal care
- Vital sign parameters
- Therapeutic communication
- Antidepressant medications and pregnancy
- Awareness of the Veteran culture (Hobbs, 2008)

Nursing Diagnoses:

- Readiness for enhanced nutrition
- Knowledge deficit
- Health seeking behaviors
- Risk for injury

Scenario Objectives:

1. Introduce self and identify role
2. Practice infection control standards
3. Identify patient
4. Establish a therapeutic relationship with the patient
5. Administer pregnancy test
6. Perform a thorough holistic assessment
7. Medication assessment
8. Contact healthcare provider regarding antidepressant medication and pregnancy

9. Education on prenatal care
10. Document findings
11. Create a priority nursing diagnosis
12. Gain understanding of the Veteran culture

Fidelity

Setting/Environment:

Local Health Department

Simulator/Mannequin/s Needed:

Standardized Patients (1) & Ventrillscope

Props:

- ID band
- Sphygmomanometer
- Role cards for patient
- Pregnancy test (Maxi HCG)
- Positive pregnancy test

Prescribed Medications:

- Sertraline 100 mg daily

Documentation Forms:

- Flowsheets- vital signs, physical assessment for student documentation

Roles/Guidelines for Roles:

- Nurses (4)
- Patient (Jackie Brown)

Important Information Related to Roles:

The patient role card will be distributed prior to the scenario. A standardized patient will be used in this role. (see role card)

References used for Scenario:

Ackley, B.J. & Ladwig, G.B. (2004). Nursing Diagnosis Handbook: A Guide to Planning care (6th Edition). St. Louis, MS: Mosby.

Jefferies, P. (2007). Simulation in Nursing Education: From Conceptualization to Evaluation. New York, NY: National League for Nursing.

Hobbs, K. (2008). Reflections on the culture of Veterans. *AAOHN Journal*, 56(8), 337-341.

2007 NCLEX-RN Test Plan Categories and Subcategories

Choose all areas included in the simulation

Safe and Effective Care Environment

Management of Care

- Advance Directives
- Advocacy
- Case Management
- Client Rights
- Collaboration with Interdisciplinary team
- Concepts of Management
- Confidentiality/Information Security
- Consultation
- Continuity of Care
- Delegation
- Establishing Priorities

- ___ Ethical Practice
- ___ Informed Consent
- ___ Information Technology
- ___ Legal Rights and Responsibilities
- ___ Performance Improvement (QI)
- ___ Referrals
- ___ Resource Management
- ___ Staff Education
- ___ Supervision

Safety and Infection Control

- ___ Accident Prevention
- ___ Disaster Planning
- ___ Emergency Response Plan
- ___ Error Prevention
- ___ Handling Hazardous and Infectious Materials
- ___ Home Safety
- ___ Injury Prevention
- ___ Medical and Surgical Asepsis
- ___ Reporting of Incident/Event
- ___ Irregular Occurrence/Variance
- ___ Security Plan
- ___ Standard/Transmission Based/Other Precautions
- ___ Use of Restraints/Safety Devices
- ___ Safe Use of Equipment

Health Promotion and Maintenance

- ___ Aging Process
- ___ Ante/Intra/Postpartum and Newborn Care
- ___ Developmental Stages and Transitions
- ___ Disease Prevention
- ___ Expected Body Image Changes
- ___ Family Planning
- ___ Family Systems
- ___ Growth and Development
- ___ Health and Wellness
- ___ Health Promotion Programs
- ___ Health Screening
- ___ High Risk Behaviors
- ___ Human Sexuality
- ___ Immunizations
- ___ Lifestyle Choices
- ___ Principles of Teaching/Learning
- ___ Self-Care
- ___ Techniques of Physical Assessment

Psychosocial Integrity

- ___ Abuse/Neglect

- Behavioral Interventions
- Chemical and Other Dependencies
- Coping Mechanisms
- Crisis Interventions
- Cultural Diversity
- End of Life Care
- Family Dynamics
- Grief and Loss
- Mental Health Concepts
- Psychopathology
- Religious and Spiritual Influences on Health
- Sensory/Perceptual Alterations
- Situational Role Changes
- Stress Management
- Support Systems
- Therapeutic Communications
- Therapeutic Environment
- Unexpected Body Image Changes

Physiologic Integrity

Basic Care and Comfort

- Assistive Devices
- Complementary and Alternative Therapies
- Elimination
- Mobility/Immobility
- Non-Pharmacological Comfort Interventions
- Nutrition and Oral Hydration
- Palliative/Comfort Care
- Person Hygiene
- Rest and Sleep

Pharmacological and Parenteral Therapies

- Adverse Effects/Contraindications
- Blood and Blood Products
- Central Venous Access Devices
- Dosage Calculations
- Expected Effects/Outcomes
- Medication Administration
- Parenteral/Intravenous Therapies
- Pharmacological Agents/Actions
- Pharmacological Interactions
- Pharmacological Pain Management
- Total Parenteral Nutrition

Reduction of Risk Potential

- Diagnostic Tests

- ___ Lab Values
- ___ Monitoring Conscious Sedation
- ___ Potential for Alteration in Body Systems
- ___ Potential for Complication of Diagnostic Tests/Treatments/Procedures
- ___ Potential for Complications from
- ___ Surgical Procedures and Health
- ___ Alternations
- ___ System Specific Assessments
- ___ Therapeutic Procedures
- ___ Vital Signs

Physiologic Adaptation

- ___ Alternation in Body Systems
- ___ Fluid and Electrolyte Imbalances
- ___ Hemodynamics
- ___ Illness Management
- ___ Infectious Diseases
- ___ Medical Emergencies
- ___ Pathophysiology
- ___ Radiation Therapy
- ___ Unexpected Response to Therapies

Approximate Time	Patient Actions	Expected Interventions
First 5 minutes	<p>“My last period was 6 weeks ago, does that mean I am 6 weeks pregnant?”</p> <p>“How reliable are the home pregnancy tests?”</p> <p>“I’ve been through so much in the last year, I really hope I am pregnant, I need something happy in my life again.”</p>	<ol style="list-style-type: none"> 1. Introduce self and identify role 2. Practice infection control standards 3. Identify patient 4. Establish a therapeutic relationship with the patient
5-15 min.	<p>Brings out positive pregnancy test.</p> <p>“Does this mean I am pregnant? “When can I find out if it’s a boy or a girl. I really want a little girl.”</p>	<ol style="list-style-type: none"> 1. Administer pregnancy test 2. Perform a thorough holistic assessment 3. Medication assessment 4. Contact healthcare provider regarding antidepressant medication and pregnancy

	<p>“I’m so grateful for my medications; I was really a mess before I started taking them. I’m not completely myself yet. I’m still going through therapy, but I’m a lot better than I was.”</p> <p>“I really don’t like vegetables and I don’t cook. We eat a lot of fast food.”</p> <p>BP: 124/62 P: 88 R: 18 T: 98.4</p>	
15-25 minutes	<p>“How often will I need to see the doctor?”</p> <p>“What happens if you don’t take the vitamins, they really make me sick to my stomach?”</p> <p>“How much weight will I gain, I don’t want to get too heavy? Everyone says it’s hard to get the baby weight off.”</p> <p>“Can having sex hurt the baby?”</p>	<ol style="list-style-type: none"> 1. Education on prenatal care 2. Document findings 3. Create a priority nursing diagnosis
<p>Debriefing/Guided Reflection Questions for this Simulation</p> <ul style="list-style-type: none"> • What do you think went well? • What would you do differently? • What did you learn about caring for the Veteran patient? Did you identify any unique healthcare needs? • How can you use what you have learned to care for the Veteran and civilian patient? • What would you identify as the primary nursing diagnosis? 		

Patient Role Card

Patient Background:

Jackie Brown is a 26 year old Operation Iraqi Freedom Veteran who is seeking assistance at the local health department. She presents to the pregnancy counseling center to verify her positive home pregnancy test. She has not told anyone including her boyfriend about the positive home test, she wants to be sure she is pregnant first.

She returned home from being deployed to Iraq 18 months ago and was treated for PTSD 6 months ago. J.B. enlisted in the Army because she wanted to go to college and could not afford it otherwise. She was recruited just out of high school. It seemed like a great opportunity where she would receive education, occupational training, health benefits and a large sign on bonus. J.B. had a desk job managing and maintaining property and supplies; she never thought she would be involved in a war! Even when she found out she would be deployed for 18 months, she never dreamed that she would be so close to gunfire and explosives. Her leg was severed by shrapnel when an improvised explosive device (IED) went off while she was delivering supplies. She received treatment at a military hospital overseas. She was also sexually assaulted by her commanding officer, which she has not mentioned to anyone out of fear and embarrassment. He will deny that anything happened if asked. After being physically and emotionally wounded and making it through the tough times she experienced overseas, she is ready to move on with her life and start a family with her boyfriend.

J.B. is currently living with her boyfriend in a small rental home in the city. They moved in together a few months ago. After being split up for awhile, they both realized they wanted to be together and decided they were ready to start a family.

J.B. is currently unemployed and is actively seeking employment. She is hoping to get the administrative assistant job she recently applied for. Tony works at the local auto repair shop making minimum wage.

Patient Actions:

“My last period was 6 weeks ago, does that mean I am 6 weeks pregnant?”

“How reliable are the home pregnancy tests?”

“I’ve been through so much in the last year, I really hope I am pregnant, I need something happy in my life again.”

Brings out positive pregnancy test.

“Does this mean I am pregnant? “When can I find out if it’s a boy or a girl. I really want a little girl.”

“I’m so grateful for my medications; I was really a mess before I started taking them. I’m not completely myself yet. I’m still going through therapy, but I’m a lot better than I was.”

“I really don’t like vegetables and I don’t cook. We eat a lot of fast food.”

“How often will I need to see the doctor?”

“What happens if you don’t take the vitamins, they really make me sick to my stomach?”

“How much weight will I gain, I don’t want to get too heavy? Everyone says it’s hard to get the baby weight off.”

“Can having sex hurt the baby?”