

## vSim Health Assessment Case 5: Marvin Hayes

### Guided Reflection Questions

#### Opening Questions

How did you feel throughout the simulation experience?

I was able to follow the simulation process from start to end with considerable attention paid to the contents. It was stated that there were occasions when they felt confident, especially when doing routines, like assessing the state of the abdominal area, as well as patient enlightenment. Nevertheless, there were certain moments of confusion, particularly in Marvin Hayes's broken emotional needs concerning changing his body size, because I needed to be careful with my responses in order not to worsen the situation.

What do you think went well?

There were several positive aspects of the simulation. The subject was able to perform the following with demonstrations of knowledge and skill regarding a focused abdominal assessment, accurate and appropriate assessment of Marvin Hayes colostomy output, and concise and detailed dietary teaching pertinent to a postoperative patient. Moreover, I had time to develop a friendship with Marvin that enabled him to express his feelings about body changes and the need to be involved with his personal affairs.

Reflecting on Marvin Hayes's case, were there any actions you performed differently when repeating the scenario, or that you would do differently if you were to repeat it? If so, how did/would your patient care change, and what differences, if any, did you or would you expect in Marvin Hayes's outcomes?

If I could have the chance to do it over, I would increase the focus on preventative measures for Marvin for the emotional aspect of his body issues. At first, I limited myself to mostly medical interventions to address his physical needs, like pain control and wound dressing, but perhaps if I paid more attention to his mental well-being and assured him that he needed it earlier, things might have been less tough for him. I would also make sure I delve deeper into his knowledge about his condition and self-care to remind him of the teaching and enhance his independence. This could potentially enhance his psychological health and give him a better attitude toward managing his ostomy.

#### Scenario Analysis Questions\*

**EBP/PCC** Describe the components of a focused abdominal assessment.

A focused abdominal assessment involves several key components: inspection, auscultation, percussion, and palpation. On inspection, the following characteristics of the abdomen are assessed: contour, symmetry, skin quality, and any gross lesion present, such as distension, operative scars, or stoma. This

is followed by auscultation, which involves listening to the sound of bowel movements in all four areas, with the sounds' frequencies and characteristics being indicative of the digestive system's health. Percussion is used to determine whether an area is tympanic, which denotes the presence of gas or dull, which could be due to the presence of fluid or a mass, locally tender, swollen abdomen, rolling, rigidity, distension, or palpable masses are sought out lightly and deeply while keeping in mind for guarding and rebound tenderness in case there is peritonitis or other complications. Altogether, these components offer a complete assessment of the abdominal status.

**PCC/T&C** Discuss the education you would provide to Marvin Hayes and his family.

The education that would be given to Marvin Hayes and his family would include aspects such as stoma and ostomy care, diet, and emotions. First, I will educate her/him on caring for the ostomy: cleaning the stoma, changing the appliance, and identifying signs of infections, inflammation, or blockage. Awareness of these dietary changes would require explanation, indicating that Marvin should first try a low-residue diet and then gradually add more fiber back into his meals, but avoiding foods that might produce unreasonable amounts of gas, smell, or give him discomfort (Naseh et al., 2023). I would stress the necessity of adequate fluids and constant observation of his colostomy for any alterations that suggest intolerance to certain foods. Also, it is crucial for me to show empathy and talk to Marvin about his feelings and stress while changing his body image and give him the names of support groups and counseling to seek help. In order to effectively treat Marvin's condition and help him accept the necessary changes in his life, it is essential to make sure that he and his family feel at ease regarding these aspects.

**I/EBP** Cite an evidence-based web resource that would be helpful to Marvin Hayes's care.

Naseh, L., Shahriari, M., Hayrabadian, A., & Moeini, M. (2023). Nurses' viewpoints on factors affecting ostomy care: A qualitative content analysis. *Nursing open*, 10(8), 5261-5270.

## Concluding Questions

Describe how you would apply the knowledge and skills that you acquired in Marvin Hayes's case to an actual patient care situation.

I would use performing assessment, planning, implementing, and evaluating the patient care from the case of Marvin Hayes, where the physical health of patients is not the only significant aspect, but their emotional state matters as well. This includes comprehensive and targeted individual assessments, teaching, and facilitating self-management based on the patient's situation. I would make sure to provide patients with effective communication, pay respect, and set aside time to hear the patient's grievances and incorporate them into decision-making regarding their care since this can enhance patient satisfaction and treatment efficacy.

What opportunities for improvement should you address?

Areas for development include expanding knowledge on how to provide patients with care, not only physically but also emotionally and psychologically. I could also enhance communication by focusing on

patient education and ensuring that the recipients understand what is being communicated to them. Further, it is important to self-assess and incorporate feedback from patients and peers to improve practices in challenging circumstances by providing patients with considerable lifestyle alterations such as ostomy care. Increasing the general knowledge about the available evidence-based sources of information and support services for patients can also be helpful in delivering patient care.