Mental Health

Scenario 1: “Unpredictable patient”

Reason for visit: “requests mental health assessment”

**Patient Script/Information:**

**Patient** – (sitting) - *“I can’t get in to see my doctor and I’ve got shit happening at home.”*

**Patient** (Calm at first but starts to get frustrated and restless with further questioning)

**RN** - Nurse continues to try and get a history then patient interrupts:

**Patient** *- “This is a waste of my time. I’m not waiting any longer.”*

**Patient** – (Loudly) You stand and slam the desk or something with your hands.

**RN** – Will react in one of two ways. See your reaction below.

|  |  |
| --- | --- |
| RN reacts offended and aggressively | RN back away but calms patient in a non-judgmental fashion |
| “What the hell! I came in here for help and you act like this! I’m in trouble here and no one seems to care!” | “I’m sorry I got angry, I’m just so frustrated and I feel like everyone is judging me.” |

Observer Checklist MH Simulation #1.

During debrief, as the observer, you will be asked to report the following:

|  |  |  |
| --- | --- | --- |
| Nurse Actions | Yes | No |
| Did the nurse make eye contact? |  |  |
| Did the nurse attempt to have a therapeutic interaction? Explain. |  |  |
| Explain the nurses’ reaction to the patient becoming aggressive. |  |  |
| Did the nurse appear to recognize the safety risk? Explain what they did. |  |  |
| Did the nurse employ de-escalation techniques? Explain |  |  |
| What, if anything, would you have done differently? |  |  |

Mental Health Simulation #2

Suicide Risk Assessment

Reason for visit: “Depressed”

**Patient Script/Information:**

**Patient** – (No eye contact, slouched over, does not offer info unless asked)

**RN** – Will ask you a question

**Patient** – *“I feel empty and hopeless”*

**Patient** – RN will respond. Answer her questions with minimal detail, no eye contact. You have a history of depression and you just lost your job due to absenteeism. You have no close friends or family. You will lose your house.

**Patient** – ONLY IF RN ASKS YOU – You are suicidal. You have a plan. You will shoot yourself in the head. You have a gun in your shed.

**Patient** – *“I think I might just go. There is a long wait here and I can’t be here.”*

**Patient** – Attempt to leave the room but stop IF the nurse tries to talk to you and convince you to stay.

Observers Sheet – Simulation #2 Suicidal Risk Assessment

During debrief, as the observer, you will be asked to report the following:

|  |  |  |
| --- | --- | --- |
| Nurse Actions | Yes | No |
| Did the nurse make eye contact? |  |  |
| Did the nurse attempt to have a therapeutic interaction? Explain. |  |  |
| Did the nurse ask if the pt. was suicidal? |  |  |
| Did the nurse ask if the pt. had a plan? |  |  |
| Did the nurse ask if the pt. had the ability to implement plan? |  |  |
| Did the nurse recognize the risk associated with this patient’s attempt to leave and try to stop the patient? |  |  |
| Would you do anything differently and if so, what? |  |  |

Mental Health Simulation #3

Elderly Woman Aggressive in the Nursing Home

**Reason for visit: “Aggressive Behaviour”**

Patient Script/Information:

**Patient actions** – Act mildly confused. Pick at the air. Quietly respond to something that’s not there. Answer question loudly.

**RN** – Will ask why you came to the ED.

**Patient response** – *“I thought I was at the airport!”*

**Patient** – You will continue to answer questions inappropriately as well as repeating “I have to pee.”

Then at one point you state, *“I have to go because of pee.”* And then attempt to leave.

Observers Sheet – Simulation #3 Elderly Aggressive Behaviour

During debrief, as the observer, you will be asked to report the following:

|  |  |  |
| --- | --- | --- |
| Nurse Actions | Yes | No |
| Did the nurse make eye contact? |  |  |
| Did the nurse attempt to have a therapeutic interaction? Explain. |  |  |
| Did the nurse attempt reality orientation? |  |  |
| What did the nurse focus on in the assessment? |  |  |
| Did the nurse attempt to stop the patient from leaving? If so, how. |  |  |
| Would you do anything differently and if so, what? |  |  |