



## Client with COPD and Complex Medication Profile



# Client with COPD and Complex Medication Profile

*COPD ja monilääkitys - Asiakkaan hoidon  
suunnittelu ja toteutus*

*KATERYNA METERSKY; MICHELLE  
HUGHES; CAITLIN COSGROVE; OUTI  
LASTUMÄKI; SANNA SANDSTRÖM; ESSI  
VARKKI; ALISON SMART; KYLIE WAY;  
ESTHER BODACH; STARR FERGUSON;  
SHERRY ESPIN; AND SUSANA  
NEVES-SILVA*



Client with COPD and Complex Medication Profile Copyright © by Kateryna Metersky; Michelle Hughes; Caitlin Cosgrove; Outi Lastumäki; Sanna Sandström; Essi Varkki; Alison Smart; Kylie Way; Esther Bodach; Starr Ferguson; Sherry Espin; and Susana Neves-Silva is licensed under a [Creative Commons Attribution-NonCommercial 4.0 International License](https://creativecommons.org/licenses/by-nc/4.0/), except where otherwise noted.

## **Acknowledgments**

Thank you to the Daphne Cockwell School of Nursing at Toronto Metropolitan University for providing space to complete filming for this virtual gaming simulation.

We are also thankful for the funding provided by the FDC Foundation, which made this virtual gaming simulation possible.

Thank you to Centennial College, Accessibility and Universal Design for Learning, Global Citizenship Education department, and Oulu University of Applied Sciences for the Finnish translations of the virtual gaming simulation.

## **Game Development Team**

Dr. Kateryna Metersky, PhD, RN, Assistant Professor, Daphne Cockwell School of Nursing, Toronto Metropolitan University, Toronto, Ontario, Canada

Michelle Hughes, MEd, RN, PhD Student, Professor, School of Community and Health Studies, Centennial College, Toronto, Ontario, Canada

Caitlin Cosgrove, BScN, RN, Toronto Metropolitan, Centennial, George Brown Collaborative Nursing Degree Program, Toronto, Ontario, Canada

Outi Lastumäki, Master in Social and Health Care Development and Management, BAsC, Senior Lecturer, Oulu University of Applied Sciences, Health Care and Nursing, Oulu, Finland

Sanna Sandström, Master in Health Promotion, BAsC, Senior Lecturer, Oulu University of Applied Sciences, Health Care and Nursing, Oulu, Finland

Essi Varkki, MD, PhD, Specialist in Respiratory Medicine and Allergology, Clinical Lecturer, University of Oulu, Finland

Alison Smart, MSc, BsC(Hons), RN, PGCLTAP FHEA, Lecturer (Education), School of Nursing and Midwifery, Queen's University, Belfast, Northern Ireland

Kylie Way, Professional Practice and Simulation Coordinator,

Daphne Cockwell School of Nursing, Toronto Metropolitan University, Toronto, Ontario, Canada

Esther Bodach, BScN, RN, Toronto Metropolitan, Centennial, George Brown Collaborative Nursing Degree Program, Toronto, Ontario, Canada

Starr Ferguson, BScN Student, Toronto Metropolitan, Centennial, George Brown Collaborative Nursing Degree Program, Toronto, Ontario, Canada

Dr. Sherry Espin, PhD, RN, Associate Professor, Daphne Cockwell School of Nursing, Toronto Metropolitan University, Toronto, Ontario, Canada

Susana Neves-Silva, MHSc, RN, Manager, Office of Simulation, Student Placements & Advising, Daphne Cockwell School of Nursing, Toronto Metropolitan University, Toronto, Ontario, Canada

### **Advisory Committee**

Kevin Batoon, BScN, RN

Hanna Kerr, MScN, RN, PhD Student, Professor, Bachelor of Science in Nursing Program, Vancouver Island University, Nanaimo, British Columbia, Canada

Vikky Leung, MN, RN, Professor, School of Community and Health Studies, Centennial College, Toronto, Ontario, Canada

Diane MacEachern, MScN, NP-PHC, Professor, School of Community and Health Studies, Centennial College, Toronto, Ontario, Canada

Anne Marie Murphy, Contract Lecturer, Daphne Cockwell School of Nursing, Toronto Metropolitan University, Toronto, Ontario, Canada

Daniel Rose, BScN, RN

Sarah Walker, RN, MSc, PhD Student, Research Assistant, School of Nursing, Queen's University, Kingston, Ontario, Canada

Angel Wang, RN, MN, PhD Student, Corporate Professional Practice Leader and Manager of Nursing Innovation and Academic Affairs, Michael Garron Hospital, Toronto, Ontario, Canada

### **Student Advisory Committee**

Evan Accettola, PN, RPN, Toronto Metropolitan, Centennial,  
George Brown Collaborative Nursing Degree Program, Toronto,  
Ontario, Canada

David Beazely, BScN, RN, Toronto Metropolitan, Centennial,  
George Brown Collaborative Nursing Degree Program, Toronto,  
Ontario, Canada

Chloe Chyung, BScN Student, Toronto Metropolitan, Centennial,  
George Brown Collaborative Nursing Degree Program, Toronto,  
Ontario, Canada

Aloka Fernando, BScN Student, Toronto Metropolitan, Centennial,  
George Brown Collaborative Nursing Degree Program, Toronto,  
Ontario, Canada

Christy Hoang, BScN Student, Toronto Metropolitan, Centennial,  
George Brown Collaborative Nursing Degree Program, Toronto,  
Ontario, Canada

Celina Odvina, BScN Student, Toronto Metropolitan, Centennial,  
George Brown Collaborative Nursing Degree Program, Toronto,  
Ontario, Canada

Sajane Puvaneswaran, BScN Student, Toronto Metropolitan,  
Centennial, George Brown Collaborative Nursing Degree Program,  
Toronto, Ontario, Canada

### **Videography:**

[Two Blue Shirts Productions](#)

**Actors:** listed in order as they entered the scene

Tyler Morgan (Jamie O'Neil, the nurse)

Garrick Meyers (Benjamin Diaz, the patient)

Caitlin Cosgrove (Elsi Sisu, the covering nurse)

Kateryna Metersky (Kathleen Mäkinen, the kitchen staff)

Alison Smart (voice of Dr. A. Smart, resident on-call)

**Contact Person**

Dr. Kateryna Metersky, [kateryna.metersky@torontomu.ca](mailto:kateryna.metersky@torontomu.ca)

Michelle Hughes, [mhughes@centennialcollege.ca](mailto:mhughes@centennialcollege.ca)

# CLIENT WITH COPD AND COMPLEX MEDICATION PROFILE



# Introduction

This virtual gaming simulation is focused on assessing and providing nursing actions, including medication administration, to a client admitted for exacerbation of chronic obstructive pulmonary disease (COPD). You will play the role of the nurse in the game.

You will be asked questions, and you will need to choose the best nursing action to be taken. When you choose correctly, the video will continue to play on to the next decision point. If you choose an incorrect or not the best answer, you will receive feedback asking you to reflect on the answer you chose. You will be given another chance to select the correct answer.

We encourage you to take detailed notes of your assessment findings. These notes will help you to determine your priority actions.

For the best experience while playing the virtual gaming simulation, it is recommended that you have access to high-speed internet, and Google Chrome or Firefox as a web browser, to help avoid delays. You can pause the game when needed to allow yourself time to review the collected data.

Now you're ready to play the virtual simulation!

Click 'Next: COPD Virtual Simulation' on the bar in the bottom right corner to get to the next page.

On the 'COPD Virtual Simulation' page, you will have a choice to play the game with or without closed captioning, as well as in English or Finnish.

# COPD Virtual Simulation

Before enacting the role of the nurse, Jamie O'Neil, in the virtual gaming simulation, read and download the client's medication administration record, insulin algorithm for Humalog chart, and lab values (at admission and Day 3).

[Medication Administration Record for Benjamin Diaz](#)

[Insulin Algorithm for Humalog Chart](#)

[Lab Values – At Admission](#)

[Lab Values – At Day 3](#)



An interactive H5P element has been excluded from this version of the text. You can view it online here:

<https://pressbooks.library.torontomu.ca/copdmedsvgs/?p=24#h5p-1>

# Virtual Simulation Summary



An interactive H5P element has been excluded from this version of the text. You can view it online here:

<https://pressbooks.library.torontomu.ca/copdmedsvgs/?p=26#h5p-3>

# Self-Debrief Questions

**Instructions:** In the virtual simulation, you assumed the role of the nurse in a hospital on a medical-surgical unit. The following is a series of self-debrief questions to guide your reflection on your virtual simulation experience. The questions will help to express your reactions, analyze the decisions you made throughout the scenario, reflect on your performance, and make connections to future clinical practice.

There are 8 self-debrief questions to be answered, which will take you up to 45-60 minutes to complete.

1. What emotions did you experience while participating in the virtual simulation?
2. Were you satisfied with the actions you completed when recognizing pertinent cues of the client? Please explain what actions were effective and/or ineffective.
3. What did you learn when recognizing and analyzing cues of a client with complex healthy history (i.e., chronic obstructive pulmonary disease, hypertension, diabetes, anxiety) and medication profile (requiring numerous oral, inhaled and subcutaneous medications)?
4. How did you feel about providing care to a client who uses recreational cannabis for their anxiety?
5. How would you handle the scenario differently if you could?
  - What decisions would you keep the same?
  - What decision would you change?
6. What three factors were most significant to you? How will you transfer these factors into your clinical practice?
7. Not everyone works their way through the scenario perfectly. What can you take away from the incorrect decisions/responses you may have made?

8. What questions remain unanswered for you in relation to this simulation?



# COPD JA MONILÄÄKITYS - ASIAKKAAN HOIDON SUUNNITTELU JA TOTEUTUS



# Alkusanat

## **Kiitokset**

Kiitos Daphne Cockwell School of Nursing at Toronto Metropolitan University tilojen tarjoamisesta tämän virtuaalisimulaatiopelin kuvauksia varten.

Kiitokset myös FDC-säätiön myöntämästä rahoituksesta, joka mahdollisti tämän virtuaalisimulaatiopelin tekemisen.

Kiitos Centennial College, Accessibility ja Universal Design for Learning, Global Citizenship Education –osastolle ja Oulun ammattikorkeakoululle virtuaalisimulaatiopelin suomenkielisistä käännöksistä.

## **Pelin kehittäjätiimi**

Dr. Kateryna Metersky, PhD, RN, Assistant Professor, Daphne Cockwell School of Nursing, Toronto Metropolitan University, Toronto, Ontario, Canada

Michelle Hughes, MEd, RN, PhD Student, Professor, School of Community and Health Studies, Centennial College, Toronto, Ontario, Canada

Caitlin Cosgrove, BScN, RN, Toronto Metropolitan, Centennial, George Brown Collaborative Nursing Degree Program, Toronto, Ontario, Canada

Outi Lastumäki, Master in Social and Health Care Development and Management, BSc, Senior Lecturer, Oulu University of Applied Sciences, Health Care and Nursing, Oulu, Finland

Sanna Sandström, Master in Health Promotion, BSc, Senior Lecturer, Oulu University of Applied Sciences, Health Care and Nursing, Oulu, Finland

Essi Varkki, MD, PhD, Specialist in Respiratory Medicine and Allergology, Clinical lecturer, University of Oulu

Alison Smart, MSc, BSc(Hons), RN, PGCLTAP FHEA, Lecturer

(Education), School of Nursing and Midwifery, Queen's University, Belfast, Northern Ireland

Kylie Way, Professional Practice and Simulation Coordinator, Daphne Cockwell School of Nursing, Toronto Metropolitan University, Toronto, Ontario, Canada

Esther Bodach, BScN, RN, Toronto Metropolitan, Centennial, George Brown Collaborative Nursing Degree Program, Toronto, Ontario, Canada

Starr Ferguson, BScN Student, Toronto Metropolitan, Centennial, George Brown Collaborative Nursing Degree Program, Toronto, Ontario, Canada

Dr. Sherry Espin, PhD, RN, Associate Professor, Daphne Cockwell School of Nursing, Toronto Metropolitan University, Toronto, Ontario, Canada

Susana Neves-Silva, MHSc, RN, Manager, Office of Simulation, Student Placements & Advising, Daphne Cockwell School of Nursing, Toronto Metropolitan University, Toronto, Ontario, Canada

### **Neuvoa-antava komitea**

Kevin Batoon, BScN, RN

Hanna Kerr, MScN, RN, PhD Student, Professor, Bachelor of Science in Nursing Program, Vancouver Island University, Nanaimo, British Columbia, Canada

Vikky Leung, MN, RN, Professor, School of Community and Health Studies, Centennial College, Toronto, Ontario, Canada

Diane MacEachern, MScN, NP-PHC, Professor, School of Community and Health Studies, Centennial College, Toronto, Ontario, Canada

Anne Marie Murphy, Contract Lecturer, Daphne Cockwell School of Nursing, Toronto Metropolitan University, Toronto, Ontario, Canada

Daniel Rose, BScN, RN

Sarah Walker, RN, MSc, PhD Student, Research Assistant, School of Nursing, Queen's University, Kingston, Ontario, Canada

Angel Wang, RN, MN, PhD Student, Corporate Professional Practice Leader and Manager of Nursing Innovation and Academic Affairs, Michael Garron Hospital, Toronto, Ontario, Canada

### **Opiskelijoiden neuvoa-antava komitea**

Evan Accettola, PN, RPN, Toronto Metropolitan, Centennial, George Brown Collaborative Nursing Degree Program, Toronto, Ontario, Canada

David Beazely, BScN, RN, Toronto Metropolitan, Centennial, George Brown Collaborative Nursing Degree Program, Toronto, Ontario, Canada

Chloe Chyung, BScN Student, Toronto Metropolitan, Centennial, George Brown Collaborative Nursing Degree Program, Toronto, Ontario, Canada

Aloka Fernando, BScN Student, Toronto Metropolitan, Centennial, George Brown Collaborative Nursing Degree Program, Toronto, Ontario, Canada

Christy Hoang, BScN Student, Toronto Metropolitan, Centennial, George Brown Collaborative Nursing Degree Program, Toronto, Ontario, Canada

Celina Odvina, BScN Student, Toronto Metropolitan, Centennial, George Brown Collaborative Nursing Degree Program, Toronto, Ontario, Canada

Sajane Puvaneswaran, BScN Student, Toronto Metropolitan, Centennial, George Brown Collaborative Nursing Degree Program, Toronto, Ontario, Canada

### **Videokuvaus**

[Two Blue Shirts Productions](#)

**Näyttelijät:** lueteltu esiintymijärjestyksessä

Tyler Morgan (Jamie O'Neil, sairaanhoitaja 1.)

Garrick Meyers (Benjamin Diaz, potilas)

Caitlin Cosgrove (Elsi Sisu, sairaanhoitaja 2)

Kateryna Metersky (Kathleen Mäkinen, keittiöhenkilökunta)

Alison Smart (lääkäri A. Smartin, päivystävän lääkärin ääni).

**Yhteyshenkilöt**

Outi Lastumäki, outi.lastumaki@oamk.fi

Sanna Sandström, sanna.sandstrom@oamk.fi

Dr. Kateryna Metersky, kateryna.metersky@torontomu.ca

Michelle Hughes, mhughes@centennialcollege.ca

# Johdanto

Tässä virtuaalisimulaatiopelissä keskitytään hoitotyön arviointiin ja hoitotoimenpiteiden toteuttamiseen, mukaan lukien lääkkeiden antaminen asiakkaalle, joka on sairaalahoidossa kroonisen obstruktiivisen keuhkosairauden (COPD) pahenemisvaiheen vuoksi. Pelaat pelissä sairaanhoitajan roolia.

Sinulle esitetään kysymyksiä ja sinun on valittava paras mahdollinen vaihtoehto. Kun valitset oikein, video jatkuu seuraavaan päätöksentekokohtaan. Jos valitset väärän tai ei parhaan vastauksen, saat palautetta, jossa sinua pyydetään pohtimaan valitsemaasi vastausta. Saat uuden mahdollisuuden valita oikean vastauksen.

Voit tehdä muistiinpanoja tutkimuksiesi löydöksistä ja tuloksista. Nämä muistiinpanot auttavat sinua hoitotoimenpiteiden valinnassa.

Virtuaalisimulaatiopelin pelaaminen sujuu ongelmitta, kun sinulla on nopea internetyhteys ja Google Chrome- tai Firefox-selain. Voit tarvittaessa keskeyttää pelin, jotta saat aikaa pohtia valintojasi.

**Jos suomenkieliset tekstitykset eivät näy pelin alussa, paina videon oikeasta alakulmasta hammasrattaan kuvaketta ja subtitles/CC-painiketta ja valitse Finnish.**

Pääset etenemään osioista toiseen näytön alaosassa olevista painikkeista.

Nyt olet valmis pelaamaan virtuaalisimulaatiota!

# COPD

## Virtuaalisimulaatiopeli

Ennen kuin aloitat virtuaalisimulaatiopelin ja pelaat sairaanhoitaja Jamie O'Neilin roolissa, lue ja tallenna itsellesi asiakkaan lääkelista, insuliini-injektion antamisen ohjeet ja laboratoriovastaukset (tulovaiheessa ja kolmantena päivänä).

[Benjamin Diazin lääkelista](#)

[Insuliini-injektion antaminen ja glukoositason seuranta](#)

[Laboratoriovastaukset – tulovaiheessa](#)

[Laboratoriovastaukset – 3. päivä](#)



An interactive H5P element has been excluded from this version of the text. You can view it online here:

[https://pressbooks.library.torontomu.ca/  
copdmedsvgs/?p=90#h5p-4](https://pressbooks.library.torontomu.ca/copdmedsvgs/?p=90#h5p-4)

# Virtuaalisimulaatiopelin yhteenveto



An interactive H5P element has been excluded from this version of the text. You can view it online here:

<https://pressbooks.library.torontomu.ca/copdmedsvgs/?p=93#h5p-5>

# Debriefing

**Ohjeet:** Virtuaalisimulaatiossa olit sairaanhoitajan roolissa sairaalan sisätauti-kirurgisella osastolla. Seuraavat kysymykset auttavat sinua pohtimaan toimintaasi, analysoimaan simulaation aikana tekemiäsi päätöksiä, pohtimaan suoritustasi ja hyödyntämään kokemuksiasi kliinisessä työssä.

Debriefing-kysymyksiä on 8, joihin vastaamiseen kuuluu 45-60 minuuttia.

1. Mitä tunteita koit osallistuessasi virtuaalisimulaatioon?  
2. Koitko, että osasit valita hoitotyön toiminnot asiakkaan oireiden ja muiden löydösten perusteella? Mitkä niistä olivat tehokkaita? Mitkä olivat tehottomia?

3. Mitä opit, kun havainnoit ja analysoit löydöksiä asiakkaasta, joka on monisairas (esim. krooninen obstruktiivinen keuhkosairaus, verenpainetauti, diabetes, ahdistuneisuus) ja hänellä on monilääkitys (useampi suun kautta otettava lääke, inhaloitavia lääkkeitä ja ihonalaisia lääkkeitä)?

4. Miltä sinusta tuntui hoitaa asiakasta, joka käyttää kannabista ahdistuneisuuteensa?

5. Mitä olisit tehnyt simulaatiossa eri tavalla?

- Mitkä päätökset pitäisit ennallaan?
- Mitä päätöksiä muuttaisit?

6. Mainitse kolme sinulle merkittävää asiaa tässä simulaatiossa.

Miten voit hyödyntää näitä asioita kliinisessä työssä?

7. Täydellistä simulaatiota ei ole olemassa. Mitä siis voit ottaa opiksesi mahdollisesti tekemistäsi virheellisistä päätöksistä/vastauksista?

8. Mitä kysymyksiä sinulla herää tähän simulaatioon liittyen, joihin et ole saanut vastauksia?