

PMH Simulation Reflection

1. Describe your feelings about your participation in the simulation.

I was excited about being the patient in this simulation lab. It was neat to be in the shoes of someone struggling with a mental health disorder, and it gave me more empathy towards people in this position. I was a little nervous about being the nurse for a patient with schizophrenia, but I ended up learning a lot and it was a very insightful experience. I also enjoyed being a spectator. I was able to learn a lot from watching my peers use their therapeutic communication skills. I also learned about how we might approach people with these disorders by watching other people play the patient role.

2. How did it go compared to what you expected it to be like?

Before going into simulation, I was very nervous and apprehensive to do it. I had not had simulation since module 4, and my experiences in simulation up to this point have not been great. I was able to learn in previous simulations, but I walked away feeling bad about my performance, which made it hard for me to retain the information I learned. Once we started doing simulations this week, I instantly felt better and truly enjoyed every scenario and experience. It went way better than I expected, and it was the best simulation lab I have had so far in nursing school.

3. What went well?

I was able to learn so much in this simulation lab. I grew in my therapeutic communication skill and realized that this is a skill that can be learned, just like any other skill. Being in the patient role went well as I was able to learn just as much from that point of view as I was in the nurse position. I implemented patient safety when I was the nurse and made sure to keep me and the other nurse safe

as well. I also recognized when I needed to call the doctor and the things I needed to communicate to the doctor.

4. What could have gone better?

I could have prepared more before the simulation lab. I wish that I had looked up some of the different disorders, so I knew more about them going in. I also wish that I went in with more confidence and less apprehension. I should have had the mindset that this was a learning process and that it is okay to mess up, that is why we are doing these simulations.

5. How will you use the knowledge gained from this experience in your practice as a registered nurse?

I can say that everything I learned from this week's experience in simulation can be applied to my practice in all situations. It is just as important to focus on treating not only the patient's body, but their mind as well. One of the most rewarding aspects of nursing is being able to have a lasting impression on how we made our patients feel, and this starts with compassion and using therapeutic communication. This week let me put my therapeutic communication into practice and showed me how much I still needed to grow in this skill. I am grateful that I got to learn a lot about communicating and how to care for patients struggling with the different mental disorders we simulated.