

PMH Simulation was very insightful. I originally felt a little worried about it even though it wasn't CPE and I knew it was just for practice which means it's ok to mess up and make some mistakes because the purpose of it is to learn what to do better and how I can improve so it shouldn't be something to have anxiety about but I always do anyways because I want to show what I have learned and that I have payed attention. Although many times I get anxiety and temporarily loose all knowledge it seems like. I don't enjoy using the manikins because it can be awkward and unnatural. To my surprise we did things different than usual and we were able to use our fellow nursing students as the patient and although it was still an acted out scenario, it was more personable and realistic. It can definitely help you learn to improv and think on the edge of your seat. I really enjoyed it. I did really well and played a good character when I played as the patient, but I did feel nervous about playing the primary nurse role because I knew I would freeze and have trouble knowing what to do when the patient would become difficult to help. I wasn't confident with calling the physician with all the SBAR information I would need to report before my request of medicine for the patient and also how to be therapeutic and set boundaries at the same time. There is a lot to juggle on how to speak with the right words and also think of how I can relieve the patient with some non-pharmacological ways. I was very grateful for Mrs. Harris because she really made me feel comfortable and she was very friendly without the scary serous instructor intimidation. I gathered my thoughts before entering the patients room and I knew enough about the diagnosis to help guide me on what to expect and how to talk to the patient and know the goal of helping the patient feel safe and follow my directions. I learned some common words that should be avoided despite how insignificant they may sound to me. These words can be non therapeutic to the patient especially with mental illnesses that cause an alter in the way they perceive a persons intentions. Some of these words for example is, instead of asking the patient to calm down or telling the patient that the medication we can give them will help them calm down, I would say "What can I do to help you feel better?" Or "I can give you a medication that will help you feel better." Another example would be to reassure my patient that my intentions were to keep them safe and that they were safe in my care. I would also get in a chair and be at their level with no distractions so the patient will feel heard and important instead of standing up and overshadowing them. In my role as a nurse I didn't feel as anxious this time as I thought I would and I was very proud of myself. I even did good on my call to the physician with the SBAR. I definitely gained some confidence with this exercise and I enjoyed all the examples Mrs. Harris had to share on how to handle certain situations and how exactly to say it all while maintaining a composure of a therapeutic nurse because there can be some really hard things to say or ask a patient, but being direct is important to get the answers I need to help my patient and I learned that patients don't always know how to let out what they need so the magic question can be life saving. I honestly don't think anything could have gone better, this was by far my best simulation experience! I plan to incorporate the confidence I gained from these scenarios into my future career as well as the therapeutic relationship skills that not only include the way I speak, but also the way I deliver body language. I intend to stay cautious of making sure that I am paying attention to the patients body language and not just what they speak so I can show my patients that I am paying attention and truly wish to help them. I want my patients to feel comfortable with me and I want to feel confident in myself enough to deliver the right atmosphere for my patients to feel safe and open for the help they need.