

PMH Simulation Reflection

Please reflect on your experiences in simulation this week and reply to each item below. You may add anything else you wish. Responses should be a minimum of 300 words.

- Describe your feelings about your participation in the simulation.
- How did it go compared to what you expected it to be like?
- What went well?
- What could have gone better?
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

Switching from OB clinicals to PMH clinicals was honestly something I was not looking forward to. I loved OB so much and felt like I was just getting comfortable in the clinical settings. PMH makes me nervous, but not because of the patient's and their illnesses, more just because I feel like I don't know how to effectively communicate with a noncompliant, restless, irritated, PMH patient.

Having PMH Simulation my first week was exactly what I needed. Not only did it take away some of the nerves, but it was focused on therapeutic communication, active listening, and non-verbal communication. The scenarios that I observed and participated in were built in a way to effectively teach us how to handle different types of patients and how to communicate with them well. I enjoyed participating and getting to learn in a setting where the pressure of having a "real" patient was not there.

My simulation experience went better than I expected it to. For the scenario where I was the primary nurse specifically, I was put into a situation that I have never experienced before. My patient was manic, restless, agitated, and refusing her medication. I was worried that I would only escalate the problems, but instead I was able to take the necessary steps by calling the doctor and knowing that security was needed. I feel that I called the doctor and delivered my SBAR well. In terms of calling security, I should have done this much sooner. After talking through how we should trust our "gut feeling", I will move on knowing that it is always best to call for help sooner, rather than later.

I will use the communication skills that I learned in PMH simulation in my career as an R.N. daily. Therapeutic communication, active listening, and non-verbal communication are all vital to nursing care in all settings. I feel that my experience in PMH sim was beneficial to my education and to my future career as a nurse.