

**PMH Simulation Reflection**

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Concepts

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During simulation this week, I was nervous about participating in the scenarios as I normally am, but I felt like it went very well. I am glad I was lucky enough to go through simulation before going to the patient facilities. I still have a fear of getting into a situation that I feel cornered or not in control, but I have learned some skills through SIM to at least get by until someone comes to help. As the nurse taking care of the PTSD patient, I felt empathy for the patient because they couldn't feel safe in their own country or even in their own home. I served in the military in the Army National Guard, and I was fortunate enough to not be exposed to or endure any traumatic events. The scariest thing I participated in was Hurricane Harvey and supporting the law enforcement in the Houston area. My military unit always strongly encouraged the battle buddy system so that we stayed safe from civilians because we were, at times, in a "Sundown Town" with some sketchy individuals. It was a method to keep us safe from even our own soldiers that we were serving next to because you never truly know if you can trust the men and women you stand with. I was not worried about my simulation patient being a danger to myself at the time, but I have known that patients can become a danger to themselves or others if they aren't medically treated properly.

Playing the patient suffering from acute anxiety might have answered some questions regarding my own anxiety, but those are things that I've recently come to learn that I need to further investigate about myself. Irritability being a sign for anxiety helped me to better understand why some patients act the way they do towards staff that is trying to help them.

It went better than I expected. Other students mentioned that it was fun and interactive. I was surprised to be able to have students play the patient, but everyone did so well and fully participate. We learned well from each other.

The students acting out the patient part went well. There were plenty of scenarios that threw us for a loop, but everyone was able to stay calm as the primary and second nurse. All the students did well with calling the “physician”. We had plenty of time to prepare for the scenarios and what personality characteristics to expect from each mental health diagnoses that we covered. Debrief was very helpful and informative.

I don’t have any “delta’s” for sim actually. Any time we had questions you were readily available to ask. It was new situations to encounter for a lot of us. I feel more confident to understand when a situation is getting to a point where the patient is becoming a danger rather than just being afraid of them from the start.

I will use the knowledge I gained from this experience to understand that if my patient is being ugly towards myself or to staff can be when they need the most help or the most comfort to feel safe. I hope to be able to understand my bias toward any patients to be able to put it aside to do my job to the best of my ability. I will take more opportunities to conversate with my patients to be able to understand where they are coming from more often. I just need to step out of my own comfort box to initiate rapport with the patient.