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### 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.

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

I thought this simulation lab was a good learning experience because each scenario was a different disorder. Some of the disorders were ones that we have not seen in a clinical setting, so I thought that was even better. Another thing I thought was beneficial was when Mrs. Harrison gave real life examples of situations, she has been through for each disorder because it gave me a better idea of how individuals with this disorder act compared to learning about them in a textbook sense.

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

I expected that we would run through scenarios of patients with different psychiatric mental health disorders, but I didn't expect for it to revolve around communication. I thought this benefited me personally because communication with psych patients is what I wanted to practice on the most.

3. What went well?

I went into my scenario with a game plan before entering the room. I was fortunately able to follow through with my plan since the events that occurred was what I expected. I asked my secondary nurse to grab the medications before we go into the room, so I thought that was good so we can save time and cluster care for the patient.

4. What could have gone better?

I felt like I could have calmed the patient down better than how I did. I felt like I did not know what to do when the patient couldn't settle down. I also felt like I was being too repetitive when I was explaining to the patient that she would feel better if she slept. I was talking to the patient from a nursing standpoint, knowing she was paranoid because she hasn't slept and tried to explain that, when I could have just stopped convincing her to sleep, administered the medications, knowing that eventually the medications would make her sleepy.

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

I learned a lot about how to communicate towards patients with psych disorders. I can use this knowledge whenever I am assigned to a patient with a psych disorder. I know safety is always the number one priority but having a more empathetic and personable approach to the patient's needs, even if bizarre, is also very important.