

- **Describe your feelings about your participation in the simulation.**

My feelings about my participation included overall excitement. After I was able to get a feeling of the environment, I wanted to be involved in the first scenario. I decided to be the patient. I was able to observe the other students on how they performed. The acting is the best part because you get to control all the outcomes for each scenario. I felt like my performance and participation were great. I feel more comfortable on how to talk these patients. Overall, it was a wonderful experience.

- **How did it go compared to what you expected it to be like?**

The first day of PMH simulation, I had a different mindset before I went into the building. As soon as PMH began my nerves were at an all-time high. Throughout the day, I noticed that it was a lot more relaxed. We went over specific details about how to use a grading scale for a certain diagnosis. This included the Hamilton Anxiety Rating Scale (HAM-A), and Clinical Institute Withdrawal Assessment of Alcohol Scale (CIWA-Ar). We also were reviewed on how to communicate with patients in calm and intense environment. The following day, I was able to observe my fellow classmates. Simulation was not what I expected to be. I was thankful for the opportunity to learn but also overcome my anxiety.

- **What went well?**

What went well was the overall communication from myself and the patient in the scenario. I was able to observe verbal and non-verbal communication. I wanted to provide the patient with comfort but also the necessities needed within the care. The different type of scenarios was enjoyable because I was able to use all the skills I have learned. Simulation is a place you can work on your weaknesses and learn from them.

- **What could have gone better?**

What could have gone better was still providing the same critical aspects that are vital in nursing. I should have repeated back what the doctor said when I was providing information about the patient. I do believe when you are performing a type of questionnaire on a patient you should always verify who they are. This is the armband and what they state as their name. Some patients may not be fully focused and gathering the correct identification is essential. I know I can be myself in simulation and create mistakes. I rather make them at the simulation lab and fix them. I want to prevent further mistakes on an actual patient.

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

Knowing that mental health is not just in psychiatric facilities, but it is involved throughout each specialty in nursing. I will be able to use therapeutic communication in my practice. I have practiced on my verbal and non-verbal communication to improve my patients' outcome. I can always be professional but on some occasions, patients need to see your true colors. This will provide more reassurance to the patient and improve their overall care. This experience highlighted exactly what nursing is about. Everyone has experienced some type of mental distress throughout their lifetime. This can range from mild to severe. In the future, I will always try to find a way to better my patients physically and mentally.

