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PMH Simulation Reflection

I was able to participate in 4 scenarios for PMH SIM this week. At first, I was very nervous because I didn't know what to expect on Tuesday. I guess the reasoning behind this was because during my past 2 weeks I haven't seen any of those situations nor have I been able to see a psych nurse. I will say that after the first scenario I got the hang of it and felt more comfortable. Definitely felt better after observing the second scenario. Also, I expected psych to be task oriented like the past modules, however I learned very quickly that it isn't so much task oriented but it is more therapeutic and all about communication. Out of all the scenarios, it was fun to be the primary nurse for the very last one which was schizophrenia that took place Wednesday. I was nervous just because I kind of had a clue what was going to happen because we got the scenario at the beginning, but at the same time it was kind of a surprise on how we were going to find the room and the "patient". I didn't expect for the room to be messy at all and it was for the scenario. It was really neat to see how the "patient" acted out and it was not what I expected for sure. It was also neat to be a guinea pig with the new assessment for schizophrenia which I think went well. I also think that me and my secondary nurse did a good job when it came to communicating with our patient and we did good teamwork. Another thing that I think went well, is that we cleaned up the room for safety reasons. One thing that could have gone better is that each time the patient would say he would see "Raider" behind me, I kept looking back. Each time that happened, I shouldn't have looked back. Overall, I learned within these 2 past days a lot about how to use proper therapeutic communication when it comes to nursing. It was very neat to be able to see that part of nursing and I am excited that now I know how to react and I feel like I will greatly need it and use it in the future when I am a registered nurse.