

Kaytee Hays

Psych and Mental Health

Mrs. Harrison

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### Sim Reflection

I had a great time at sim. I got the chance to be all the roles which was nurse, patient, and family member. Being all the roles helps you get a different perspective on each mental illness and how to help treat it. I was the nurse for one scenario and was able to see what my patient had and all the symptoms that they expressed. I gave two meds: a nicotine patch and ibuprofen. The chart said initially that I was giving acetaminophen but because of my patient's history with alcohol and his liver function, I called the doctor and got an order for ibuprofen. I was the patient for the PTSD scenario. I really liked being the patient because I was able to see how it feels to go through therapeutic communication with the nurse. It felt good and it made me feel safe as a patient. After being patient, I know how it feels and will now try my absolute best to use therapeutic communication any time I am with my patients.

I have liked this sim experience a whole lot more than other sim's because it is mainly focused on therapeutic communication. Through other sim's that we go through its all about doing an assessment with your stethoscope and then giving a med or two. I have liked this sim because it's giving me the practice that I need to work on my communication with patients. During scenarios I often caught myself pausing or hesitating to answer a question that the patient asked me. I did this because I was afraid that I would say the wrong thing to the patient and would make the situation worse. After communicating a few times and then also seeing my classmates use it and learn from them I gained a lot of confidence in my communication skills. Sim has helped me understand with it means to have therapeutic communication and use it.

All the scenarios went very well. Each person that played the patient did a really good job at acting out their disorder. That really helps the people in the nurse position, and everyone else that is watching, understand and know what each disorder looks like. Even though there were some scenarios that we haven't talked about yet, we still did good on them. I was very pleased with sim this week and how much I learned.