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PMH simulation reflection

This week's PMH simulation was great and enjoyable. I learned many new things like tools that measure a person's mental status and therapeutic communication skills when taking care of psych patients. As a person with little knowledge of mental health, I didn't know what kind of caring and communication is the best for psych patients. Thus, I felt that psych health is strange and new to me. However, this week PMH sim changed my mind. I started to understand more about mentally ill patients, and I feel that I gained tremendous information on psych health, which will help me when taking care of patients in my future nursing career. Since I have no previous experience in taking care of psych patients, I thought it would be stressful. But then, after doing the sim, I felt that it was not like what I expected. Instead, it was fun, interesting, and eye-opening.

Doing pre-brief, debriefing, going over the medications, patient history, psych tools, and talking about what to expect on individual patients' diagnoses are beneficial. These allowed us to prep/make plans for our patients based on their diagnosis and helped us remember what we learned. There are many areas I could have done better during the simulation, but therapeutic communication is one thing I need to improve the most. Overall, I had a great time at PMH sim, and it was a meaningful learning experience. I learned various things about psych patients that I did not know before, which changed my understanding of mentally ill patients. Before, I did not know what to think of psych patients; I just thought they were unusual people. Now, I started to understand why they act in certain ways that normal healthy people would not and understand the role that mental health plays in our bodies. From this learning experience, I now know what to do when taking care of mentally ill patients in the future and what psych tools to use when assessing their mental status based on their diagnosis.