

PMH Simulation Reflection

I enjoyed SIM lab these last two days. I feel I learned more having a real-life scenario to partake in. The scenarios did challenge my critical thinking and how to use therapeutic communication. I like that each student had a chance to play role in a scenario. I was able to participate as the patient, primary nurse, and secondary nurse. This gave me insight on how a patient with a mental disorder could feel in those situations. SIM lab went more relaxing than I expected it to be. I was nervous not knowing how I would communicate with a patient that has a mental disorder. After the first scenario I felt more relaxed. I knew I was there for a learning experience and not to be judged on what I did wrong. My teamwork with one of my partners went well, I feel we worked good together and could read each other in a way. I also liked the observers giving feedback on the delta portion. I feel there is always room for improvement.

I could have done better therapeutic communication on my end when I was the primary nurse. I feel at times I did not know how to respond to what the patient was saying. I did not know what the correct way was if there is a correct way. I did not want to say something that would trigger the patient to have a decline in their mental status. That's what I liked about the scenarios, being able to make small mistakes and shown how you can improve in that area. I will use therapeutic communication with my future patients. I learned how to give the patient a sense of control in the conversation. I know that mental health disorders can put a barrier on communicating with your patient. I will pay attention to my nonverbal communication and maintain patient safety.