

PMH Sim Reflection

Before going into sim, I was very nervous. We have only briefly learned about psych, so I was a little unsure how to talk to the patients. I was worried about saying the wrong thing and triggering them or upsetting them. After watching the first simulation experience, I felt a little better about playing the role of the nurse. It was pretty much what I expected it to be like. It was fairly similar to OB sim lab. However, I wasn't expecting that we were going to have to act out the psych patient. It was a lot more interesting than expected and not as intimidating since we were able to see our classmates act out certain roles. I didn't expect it to be as fun as it was since some psych topics are difficult to talk about. I thought each of my classmates did very well in their role as the nurse. They remained professional and kept calm. I also was very thankful we had a second nurse with us because situations like this can be intimidating at times. I thought each secondary nurse stepped in when they realized the primary nurse needed assistance. At times, I thought I handle the scenario I was assigned to well. I tried to reassure the patient and help her remain calm. However, I think I could've worded some of what I said differently. It was difficult to answer the patient in a timely manner but also avoid wording something the wrong way and offending them. During my scenarios I was trying to avoid using the phrase "remain calm" and also using their diagnoses in an insulting way. This experience will help me as a registered nurse because now I have more experience dealing with psychiatric patients. We were given many tips and advice about how to address their triggers and which words we should avoid using. We were also advised on how to avoid addressing any hallucinations or images certain patients might be seeing. I also appreciated that we were told multiple times that most psych patients do not act the way they do on purpose. They don't try to be mean or aggressive, they are just going through a situation that only they can understand. Most of them are just scared and need our help, so we must be patient and listen to their concerns.