

## PMH Simulation Reflection

My participation in simulation this week was very insightful. Prior to entering into this module my perception of mental health was very immature. I knew that it existed however I did not realize how many individuals actually have a mental health disorder. I also did not realize how these individuals are ones I would come across and see daily at places like the grocery store. My feelings of participating in simulation was very naïve I assumed I would be acting and coming across individuals like some mental health patients I had seen in movies or shows. My comparison to how simulation actually went made me ashamed of myself to think of mental health patients in that manner. It saddened me to think that my naïve and small minded way of thinking could have prohibited me from caring for patients that need my care sometimes the most had I not gone through this simulation and clinical rotations. What I enjoyed and what went well was the ability to grow in my communication skills when talking to individuals with mental health disorders. How to always consider my choice of words and actions by critically thinking through my situation(s). I also realized the many sad biases and stigmas that come with having a mental health disorder. What could have gone better during simulation is the ability to rationalize and think quicker during my evaluations, assessments, and first interactions. When I reflect back on my role as the patient with schizophrenia I become saddened to think that these individuals live in a world where they often times never feel safe and can be easily bothered. I think about the exhausting way of feeling and how tiring someone can become with their mind running or experiencing things like voices and demons. All while having to live under unforgiving stigmas and biases; but does not stop there. What saddens me most is that the most trusted and caring profession in the United States could inflict these biases and stigmas in a time when the individual just needs someone in their corner(hospital/clinical setting). The ways in which I will utilize my communication skills will better improve my patients understanding and trust to confide in me and understand that human to human I see them and care for them as their registered nurse. Another knowledgeable aspect that will stick with me in practice is the ability to speak up and be an advocate when I hear other nurses speaking ill of patients who can't speak or voice for themselves. Just as I made a promise to myself to always treat my patients just as I would expect my own mom, dad, or family to be treated. I was quickly reminded of that during simulation with patients who have mental health disorders and the ways and differences that we can make with one good or bad interaction as their registered nurse.