

## PMH Simulation Reflection

Please reflect on your experiences in simulation this week and reply to each item below. You may add anything else you wish. Submissions should be a **minimum** of 300 words total.

- Describe your feelings about your participation in the simulations this week.
  - I was happy that I got to play important roles in the simulations. I was so excited every time I would go in as a role player and not just as an observer in each scenario. I tried my best to do what is expected of me whenever I am doing a role play, especially of what is in the script, so that we could get the outcome that we are expecting to get from each simulation – and that is to make the patient feel better by doing pharmacological and non-pharmacological interventions.
- How did it go compared to what you expected it to be like?
  - I expected that it would be hard considering that our group has never been to psych ward and has never encountered a real psych patient because we would not really know how to therapeutically interact with the patient without causing a trigger that might escalate things up. I expected that it would be hard since I did not know how to professionally respond to a psych patient's questions or actions. In the end, I was able to keep my calm and integrate the things we have learned in class and during our brief discussions before we start the simulation.
- What went well?
  - I think what went well during the simulations is that we had brief discussions about the disease or the disorder before we started each simulation because we were able to recall what we know about them and how to respond to each patient's needs and attitudes. I also think that we have portrayed each role that is asked of us to help our classmates learn the best outcome possible from each scenario. Doing the + and deltas at the end of each scenario provided us with good feedbacks on what we did great and what we might have missed so that we could learn from it.
- What could have gone better?
  - I am not sure if there is anything else that should have been added to make the experience meaningful other than having props and costumes that could have intensified the scenarios. I think it would be great to have at least some props for the patients' roles.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
  - I played the role of a schizophrenic patient and I felt that what if these scary things happen to me, being unable to know which is real or not, hearing words that were not real and could be bad, just being scared almost all the time because insecurity, what will happen if I do not receive the treatment and care that I am supposed to get? How am I going to get out from this deep place where I felt so lost? Those were the thoughts that occurred to me while doing that role. I also played as one of the family members of a patient with mania and thinking about it, being in the shoes of the family members of these patients, I realized that it must have been difficult to deal with the patient. Family members can get worn out having to care for these patients since they also have a life of their own.

- How will you use the knowledge gained from this week in sim in your practice as a registered nurse?
  - o I believe what I learned the most from this week's experience is to be more emphatic, to be more understanding, to be more attentive, and to be more patient with all the patients including the psych patients, or maybe especially the psych patients because they are the ones who are being ostracized, stigmatized as the bad ones, the forsaken, and many other connotations that dehumanize them. I think we need to realize that they are also humans who also need our affection, our attention, and our help. As human beings, we need to recognize that they are also capable of feeling hurt, scared, humiliated, and traumatized not only because of the sickness they have but also because of the way they are being treated. I think that is the best thing that I learned from the simulations that I would be able to integrate in my nursing career in the future.