

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 really enjoyed sim this week. I feel like my participation helped contribute to my learning experience. I really enjoyed every scenario and being able to learn about different psychiatric patients. Each scenario allowed me to critical think and figure out what I would do as the nurse
- How did it go compared to what you expected it to be like?
 - Coming into sim I honestly didn't know what to expect. I was feeling nervous in the beginning, but once we started going through the scenarios it was easier than I expected. I think I was nervous because we haven't had any lectures over the diagnosis, but I appreciated getting a quick review before running the scenarios. Our pre conferences were extremely helpful.
- What went well?
 - I think our collaboration as a group went well. Everyone was helpful to each other, and we all worked together to discuss how to take care of each patient. I think everyone did a good job at asking questions and being engaged in conversation for every scenario. For me personally every scenario went well, and I appreciate all the new things I have learned about mental health.
- What could have gone better?
 - For the most part I think I everything went well. For me personally I think I could've done better with being more comfortable when walking into the room and interacting with the patient. I wanted to say the right thing and not feel like I was being awkward when caring for the patient.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - I was the patient for two scenarios. I was the patient for the anxiety scenario and the schizophrenia scenario. For me personally the anxiety one wasn't difficult. The experience showed me that anxiety has such a big range and there are multiple ways to identify a person's anxiety. The schizophrenia scenario was a little more difficult and made me realize that these struggles can be so difficult for a person. My heart breaks for people with this illness. I cannot imagine how difficult it may be and I just wish there was more help.
- How will you use the knowledge gained from this week in simulation in your practice as a registered nurse?
 - I feel like I learned many new skills that I will be able to use and incorporate when taking care of my patients. Therapeutic communication is very important to use when talking to patients. I really like how we learned that anxiety is everywhere and there are easy ways to assess for it in any situation.