

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 simulation.
Prior to starting simulation, I felt nervous about what was going to happen and how well I would do. As secondary nurse I felt confident in my abilities as I helped relax the patient through boxed-breathing education. What I was excited yet nervous for was participating as the patient. I do feel that I played the maniac patient well, but if it wasn't for my group being outgoing and comfortable with each other I do not think I would be able to play the role well. I will say that playing the role as the maniac patient wore me out for the entire day! In the debrief for my primary nurse scenario I will admit to having a boost of self-confidence as all my group members had positive things to say about how well I did! In each scenario I feel we all expect for something to go the wrong way and we must use our critical thinking to the best of our knowledge. I was worried I would not know what to do for my scenario, but I was able to confidently de-escalate my patient and my secondary nurse. On the second day of simulation, I was not confident in being secondary nurse for the schizophrenic patient, but in debrief my group stated that they felt my partner and I did everything in our power to de-escalate the situation.
- How did it go compared to what you expected it to be like?
I expected simulation to be like how it has been every other module, but I felt this simulation experience has been the most unique! It honestly did not even feel like I was in school for the past two days! I had such an amazing learning experience, I never felt like I got belittled in my capabilities to be a competent nurse. I felt we were all able to discuss about various topics without feeling any judgement and feeling heard.
- What went well?
What I felt went well was just the overall learning experience I had. I feel I excelled in my therapeutic communication skills. Prior to starting my PMH clinical block I wrote in my journaling assignment how I was always nervous in saying the wrong thing to a patient and triggering them. However, being in the scenarios and having discussions it helped me learn on what to say and what not to say and the reasons for it.
- What could have gone better?
I truly felt that every single scenario and discussion went so well. I know we can always grow and wish things could have gone better, but I loved how everything went even the mistakes we all made because that's what helped us learn. I suppose the one thing we could have done better in all situations is for the secondary nurses to contribute more. I understand the primary nurse is the one who needs to handle the situation the most, but it would have been nice for the secondary nurses to contribute more.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?

I plan to use the knowledge I have made in therapeutic communication not just with psychiatric patients, but with any patient I encounter. I have learned a lot through personal experiences, but through discussion as well I finally understand how undiagnosed and untreated psych patients are treated. Not just psych patients, but people of color and women seeking medical attention. I hope to be a true advocate for any patient I have, and just to be a great nurse who actively listens and intervenes for her patients.