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PMH SIM- Module 6

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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.
Simulation is always something that makes me nervous. No matter how much I try to tell myself that this is a safe learning experience I still get into head and let my anxiety run. It was challenging at times in different scenarios because of the unknown but it was also exciting to get through the scenario and learn from my deltas. It definitely helps my nervousness when we work as a team. Having someone to bounce ideas off and to help you check that you covered everything it very reassuring. I always enjoy the group of individuals that I was with in SIM and look forward to all of us continuing forward with our journey. It was so nice to get to know Dr. Harrison. She provided an atmosphere of calm which really helps many of the nerves in the room.
- How did it go compared to what you expected it to be like?
I always have an expectation of making big mistakes in SIM and to some how fail, but it was nice that mistakes were seen as lessons. It was ultimately much, much better than I anticipated. I often “get in my head” and work out all the worst-case scenarios, but in the end, it worked out.
- What went well?
I felt that working through and learning about therapeutic communication and the rating scales went well. We were able to learn about different mental health diagnoses and how to work through some of the challenging symptoms. Our team worked very well together and took each scenario as a learning experience. I felt that everyone was there to learn and took the time to truly understand and learn how important kindness and empathy are in this life.
- What could have gone better?
I often come back to my anxiety and how I can improve with my level of nervousness. I feel that I always have room to work on anxiety, but I also feel that had I relaxed more I could have voiced my concerns and my therapeutic language would have been better.
- 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 in two scenarios, the patient with anxiety and the patient with borderline personality disorder. It was very familiar to be the person with anxiety trying to communicate how awful I was feeling. It was very challenging for me to play the part of an individual with borderline personality disorder. This role was challenging for a number of reasons, but I found myself seeing this disorder in another light. I found myself looking at the trauma and not the manipulation as I have done for many years. I think we all have some self-awareness of our bias, but I found myself breaking down this wall and seeing the small child that was traumatized to the point of this disorder.
- How will you use the knowledge gained from this week in sim in your practice as a registered nurse?

I was reminded of the challenges that come with psychiatric disorders, but the greatest reminder was the importance of patience, kindness, compassion, and empathy. WE ALL have something we are facing in this life so as a nurse I will use this as reminder of how important empathy is. I will keep Dr. Harrison's words close as I continue this journey of nursing.