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Simulation Reflection

After our experiences this week, I feel like I will be able to communicate with a patient with a mental disorder so much better than I could before. I feel like I have a little tool belt and I just add a few new items for my future practice. This is a side of nursing that we have almost never touched. I anticipated this week to be like normal SIM with a focus on therapeutic communication but honestly, this was totally and completely about therapeutic communication. We already know how to follow universal competencies and standards because we have been practicing all throughout nursing school. So although we were still following all the same rules as before, now we were able to focus on the communication piece.

I think that being able to be the nurse role twice as the primary or secondary allowed us to make mistakes the first time and then put our new knowledge into practice the second time. I think we all did that really well. I know that before this week, the phrase "calm down" would probably be my go-to phrase when speaking to a distressed patient. After the first simulation, we learned it's not effective to tell the patient that phrase and we applied it to all the scenarios after. I think I could have been better about controlling my nervousness. Although it's okay to be nervous, I shouldn't have allowed my nervousness to affect how I communicated with my patient.

Playing the role of the patient was super hard for multiple reasons. Even though it was all fake, I was forced to act out really intense feelings. But all at the same time, wanting to laugh because I was with my friends and I felt a little silly. Playing a family was a little easier because it was more about just reading the lines. Lastly, I have gained tons of knowledge that I hope to take with me into my career. Such as medication types, when, and why they are administered. How to de-escalate someone who is emotional, scared, or aggressive using therapeutic communication, and how to assess a patient using the appropriate screening tools.

Thank you for a great simulation experience!