

Hans Burda

PMH Simulation Reflection

At first, I had a general anxiety around this week's simulation from the fact that my actions were being observed in each different scenario. However, this was not an unusual feeling as it was not my first time participating in a simulation activity. What made this week's simulations different than the previous modules were the increased emphasis on therapeutic communication. I have always practiced therapeutic communication in all of my patient interactions, simulation or not, but I found myself at a loss for words when caring for a psychiatric patient. Although my knowledge and experience of how to interact with these patients was limited, I knew to prioritize patient safety as well as my own. I felt as if I simply addressed safety first, I would be able to follow through with the rest of the scenario well.

As I was placed in the role of a patient, I felt that finding anything I could relate to the patient will help me empathize with them and show compassion to others in the future. Although I may not have gone as far as stealing money for my drug addiction, I was able to remember a time in my life where I did not have enough emotional intelligence to recognize my feelings, let alone express them. I could see how someone who may be experiencing a cluster of emotions such as guilt and separation on top of withdrawals may be experiencing indescribable emotional pain. Patients have autonomy in their care and their responses. As a future nurse, I will remember to have patience in these situations as I know the struggles of showing vulnerability after building up a shell for so long. I hope to remember that us nurses are not entitled to receive answers from a patient in a time convenient for us.