

PMH Sim Reflection

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Instructional Module 6

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This experience was honestly better than I expected. It was a fun and safe environment in which we were able to ask questions without judgement or fear. I was able to share my story with my peers in order to help them understand my personality disorder, and honestly it felt good sharing my story. It was a fun learning experience usually SIM stresses me out and sometimes can be boring, this was not boring or stressful. While participating I was able to learn and understand those with the conditions, I was able to learn how to communicate with patients with mental health issues in a way that will help me on the floor as a nurse. While watching my classmate portray Borderline personality disorder I had a rush of emotions because of how well it was portrayed. I have been in those shoes before and it was so surreal and heartbreaking watching it happen instead of feeling it or being in an active episode myself. I have never experienced that from the outside and allowed me to do some introspection. I don't believe I would have done anything differently aside from finding the building the first time. I did learn that I may have an interest in psych nursing just because I have an idea of what some of those patients are going through, but at the same time I am not sure if I am capable of putting my issues aside to help in the way they deserve. I am excited to go to dove tree to see it in action and to see if maybe I do have that ability. I know that regardless of where I end up going I will use these skills to improve my communication and I will be able to provide the care necessary for these patients. Being a CNA to dementia patients we were always told to let them live in their fantasies and today I learned that may not always be the best idea. I am excited that I get to further my education and even through this module I will continue to learn especially when placed with a patient with mental health conditions. I plan on researching their

specific condition if I have limited information so they can receive proper care and not be
“tossed aside” just because they may require more care and attention than the average patient.