

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.***

Overall, I'm happy with how simulation went this week. I really enjoyed how much I was able to participate in each different simulation. I also just felt like it was a much easier atmosphere to learn in. We weren't placed in super high stress situations where we had a lot riding on us, as we usually are with simulation situations. We were all just there to learn and there wasn't necessarily a wrong way to go about it, just a best way. I felt like Dr. Harrison did a great job in kindly guiding us to that best way.

- ***How did it go compared to what you expected it to be like?***

I really wasn't sure what to expect from the day. Going into it I was a little concerned considering my personal history, but once we finally got started, I felt much more at ease. I will say however, some of the scenarios felt a lot more real than I expected. Which of course, was thanks to how well our patients took to their roll, but I still think that part caught me a bit off guard at times.

- ***What went well?***

I feel like our nursing care went fairly well. Especially considering we had never had any previous psych lectures or clinical experience. Although we didn't necessarily know the best way to go about it, I felt like we did a good job at just fully embracing the situation we were in.

- ***What could have gone better?***

I personally felt like the way I handled our last simulation could've gone better. I felt like there were little things that I could've handled differently. For example, going to pull my medications and leaving my secondary nurse in the room wasn't the best choice and although I could see that after the simulation was over, it wasn't apparent to me during the simulation.

- ***Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?***

I played the patient for our manic scenario and overall, I felt like it went well. However, being the patient in that situation was a bit overwhelming. Due to mania being so much at one time, once I finished the scenario, I was almost worn out. As the patient in that situation though, I could see how a patient might feel judged by their healthcare team. I knew that I was acting and that what I was doing was a lot, but as the patient you likely wouldn't recognize that you're doing anything abnormal. So, sometimes when the nurses looked at me, you could tell they were trying to figure out what to do, which was completely understandable. However, as an actual patient, I could see that being misconstrued as judgement.

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

This week really helped me get a better grasp on mental health nursing overall and what you should and should not do when caring for a patient in that type of setting. Having never experienced this type of nursing care from the standpoint of a nurse as opposed to a nurses aide, I didn't really know what was appropriate and what wasn't. Now, having had this experience, I have a better understanding and will carry it with me to the hospital. Now, I know how best to care for these patients, but especially how we shouldn't care for them.