PMH Simulation Reflection

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When I discovered we would be visiting TTUHSC Simulation Center, I was nervous because I knew the facility was larger and had more equipment than ours. I expected to learn how to use new equipment for a different type of simulation than we have previously experienced. After running the simulations, however, I found it to be a wonderful learning experience that I appreciate being able to have. The scenarios are very insightful into what a person with those types of mental health disorders experiences; learning how to take care of these people when they are experiencing an exacerbation of their disorder is excellent. Being informed on what to expect on the floor or in an inpatient setting is very helpful because it destigmatizes what society has already put into place about how we perceive people with any mental health disorder.

The only thing I would change is my ability not to laugh when running these scenarios, as I understand the point is to make them feel as accurate as possible; when running them with my classmates, it's pretty challenging to take their funny behavior seriously as I know this is not how they typically behave especially and they are trying to play into the character and make it entertaining and a better learning experience. Other than changing my behavior and ability to handle that situation better, I would not change anything else. Overall, the experience was great, and learning this way was very enjoyable. I especially appreciated that we got to give our presentations in a smaller group, which I feel made it not as intense and nerve-racking as standing in front of everyone.

I played the patient going through alcohol withdrawal and focused solely on getting a cigarette. Learning how agitated and one-directional someone can be when experiencing that is

very stressful and made me anxious at the idea that I have to get something. I've felt that kind of anxiety towards tasks and usually things out of my control, but getting a cigarette or nicotine is very doable, and depriving our patients of that is unacceptable. I learned through this week that while people can be unreasonable in their requests and want something that we cannot get them at that moment, we need to offer suggestions and not overlook their basic needs. We all deserve to feel safe and comfortable, especially when we are the most vulnerable. I plan on implementing this into my nursing practice by being more open-minded and using that method of addressing an issue taught to us.