

### PMH Simulation Reflection

My feelings about participation in simulations this week are that I feel as though I have gained confidence in my ability to care for and communicate with psychiatric patients. Before simulation, I was mostly worried that I would not be able to effectively communicate with psych patients due to the taboo nature of such topics like depression and suicide. Although we learned many helpful communication techniques and how to actively listen to the patient and prioritize their feelings.

I expected simulation to be a lot scarier and intimidating than it actually was. I feel as though the scenarios were very helpful in focusing on patient communication rather than stressing over certain medications and procedures and I think that helped me develop my communication skills.

What went well was learning about different disorders that haven't had lecture over yet, how to communicate with those patients and ultimately how to nurse empathetically. I realized how important it is to be there for our patients and assure them that "they are not crazy" as many families, cultures and even other health care workers may define them.

What could have gone better is medications teaching. I feel as though I haven't grasped a full understanding of the medications since they are so new to us from what we have learned on the past and that I could have done a better job at teaching about them in my scenario before giving them.

I played the role of the patient in the scenario related to anxiety disorder. Playing the role of the patient and acting so distressed, worried and as if I could not breathe caused me to feel anxiety myself in real life. I noticed that whenever the nurses were talking for a while and asking questions I would zone out and not hear what they were saying as I was embodying the role of feeling anxious. This made me realize how important it is to communicate therapeutically and check in with our patients rather than just going in and trying to get the job done and overloading them with questions and information.

I will use my knowledge that I gained from simulation in my practice as a registered nurse by using the various communication techniques to talk to my patients. I think what we learned is very effective in getting the patients to trust us, open up, and express what is truly going on.