

## 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.  
I absolutely LOVED PMH simulation this week! I definitely was nervous because even though I have been around people who have mental illnesses, I have never taken care of someone having an exacerbation like the ones in the scenarios. I have always had an interest in this side of nursing, and this only piqued my interest in caring for these patients more.
- How did it go compared to what you expected it to be like?  
It went much better than expected, I am always incredibly nervous in simulations partly because I know I am being watched not only by my teachers but also by my peers and I have a very high level of expectations for myself. My first scenario was much more of an ice breaker but the second scenario I got to volunteer for felt much smoother and I felt much more confident taking care of my patient.
- What went well?  
I feel like I made huge progress in learning about therapeutic communication this week which I'm very happy about. I have always been very comfortable talking and communicating with patients but not when it comes to hard or uncomfortable topics and Dr. Harrison helped me when it comes to that.
- What could have gone better?  
I don't think anything could have gone better, I think everything went the way it needed to go for me to be able to have the learning experience that I did.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?  
Trying to put yourself in that headspace is definitely strange, for my situation I didn't really have any way to relate to her situation, so it felt hard to portray it without stereotyping it and also seeing how the nurses in the scenario acted to it.
- How will you use the knowledge gained from this week in simulation in your practice as a registered nurse?  
Biggest thing I will take with me is my therapeutic communication because that can and should be used with every patient not just psych patients. The second biggest thing I will take from it is how important it is to start assessing anxiety in patients across the board and taking care of it and having that conversation not only with patients but with physicians. The other things I will take from simulation is that mental health looks different in everyone it should not define your patient because at the end of the day your patient is your patient and their diagnosis is just one of the many parts to them.