

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.
- How did it go compared to what you expected it to be like?
- What went well?
- What could have gone better?
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
- How will you use the knowledge gained from this week in simu in your practice as a registered nurse?

I had many emotions coming into this weeks simulation. I was very apprehensive, yet eager to learn how to handle patients with different psychiatric disorders. I was not sure what to really expect especially being at Texas Tech Simulation Center rather than the Covenant SIM Center at the Children's Hospital. I feel like the scenarios we ran were very helpful and also very fun. I know that I could have done better in my scenario with the patient detoxing from cocaine. I should have been more friendly in a way and tried to talk with the patient more about what was going on rather than just jumping headfirst into the assessment. I also could have done a better job educating on the important on mental health and what different sorts of help is out there for people who suffer from depression especially related to drug abuse. I know that I learned a lot about communicating with a patient who is very agitated, and I felt like I did do a great job keeping my cool and trying to remain unbiased in the situation.

The scenario in which I was the patient was very personal for me. I struggle with anxiety and so for me being in that role I really didn't have to act; I was just myself. I have a lot of anxiety about being left alone or abandoned because of a lot of childhood friendship trauma. I really related to this character because I am very clingy to my fiancé, and he is definitely my safe zone. When he is not around I get more anxious and stressed, which is exactly what the patient's history suggested in this scenario. It was just a very fitting role for me, and I feel like it was a great learning experience for not only myself but for the ones that took care of me.

Today's discussions regarding border line personality disorders, specifically narcissism, was very hard for me because of how my mother acts towards me. I feel like I am always walking on eggshells around her especially when she is drinking. I feel like she fit a lot of the criteria for someone who has a borderline narcissistic personality disorder. She is very manipulative and makes me think that everything is my fault. I have to tell her everything such as where I'm going, what we talked about in school, etc. because if I don't she tells me that I'm lying and that's not tolerated in our house. She is very emotionally abusive and it's very hard to be around her when she is that way, but if I walk away then she gets pissed off at me and becomes even more coercive and manipulative. Anyways, just talking about that disorder today really brought out a lot of emotions in me.