

PMH Simulation Reflection

Sydney Griggs IM6

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 feel like I participated to the best of my ability this week. I served as the patient twice, the primary nurse, and the observer. My role as the patient was for the mania scenario and the cocaine scenario. I overall had a great experience this week and thoroughly enjoyed the interactive learning we got to do this week with Dr. Harrison.
- How did it go compared to what you expected it to be like?
I did not know what to expect because it was different than the other skills we have done. This was more centered around therapeutic communication and establishing a trusting relationship with our patients rather than focusing on the skills side of things. This put my compassion and critical thinking to the test over what I had learned from the past lectures.
- What went well?
I feel like both sim days went well! We had plenty to learn from and fix throughout the two days that we were there. I was the nurse for the PTSD scenario. I am normally a very loud person or what some people would call a “bull elephant in a china closet”. I knew I had to take a more reserved approach with this patient to not startle them. My approach went well and I felt like I established a trusting relationship with the patient. I made sure to keep the patient comfortable and well informed of the meds she was taking, the room/setting she was in, and recognizing any triggers that could have set the patient off.
- What could have gone better?
I felt like SIM overall was fantastic. The only thing that I feel like I could really improve on is educating on non pharmacological interventions to help cope with PTSD.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you? I got to let off all of my ADD steam during the mania scenario. I got to scream, jump around, dance, and burn so much energy. It really made me think about how they can burn all that energy and not be so tired after the lack of sleep they get. I could not imagine having constant episodes like that with so little sleep and nutrients in my body. The mind is a scary thing and the fact that these people deal with this on a daily basis makes me so sad for them.
- How will you use the knowledge gained from this week in sim in your practice as a registered nurse?
I will work on establishing therapeutic communication and a trusting relationship outside of psych patients. I think it is so important to establish this relationship regardless of the patients entail status. That will be my number one goal and take away from SIM this week. If I can master that skill, I think it will make me the best nurse I can be. Nursing is so much more than skills and that was shown to me this week.