

## 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 felt decent about my participation. I was able to join in as primary or secondary nurse on three of the scenarios and was able to be calm even when the patient was agitated. I wish I had been a bit more awake and able to engage more fully in the activities. I have been pretty tired this week (and all of nursing school, but especially coming off an exam), so I feel like I have been playing catch up all week. I had a possible “ah-ha” moment during SIM, in realizing that I might enjoy Psychiatric/ Mental Health Nursing. Prior to starting nursing school, when I was deciding what I should go back to school for, I was torn between becoming a nurse or a therapist; clearly, nursing won out. The ah-ha moment was realizing that maybe it didn't have to be an either/or situation. It's something I'll have to consider!

- How did it go compared to what you expected it to be like?

I was unsure what to expect, but I think in my mind I thought that the scenarios would be primarily comprised of patients opposed to taking their medication or cooperating. Of course, that isn't the real world, but I think I imagined that, because clinical time is limited, the scenarios would be more high intensity. I think my imagination was limited; I was forgetting that some patients come in voluntarily, or with support, and that they want help desperately. Though the diagnoses found in a mental health hospital may vary widely (just like in any other hospital), they are all going to need good care for whatever their diagnosis is.

- What went well?

I would say that our group did a good job of staying patient, overall. Granted, it's much easier to remain patient when you know that the scenario is going to be completed in a short amount of time, but still. We all tried hard to get the assessments completed and to be respectful of the patients and their family.

- What could have gone better?

We definitely messed up a bit on our med admin. I don't know if part of that had to do with the fact that we were in a largely unfamiliar environment, or if the topic being so different from med-surg just threw us off, but it seemed like we struggled across the board on some level. It would be exceptionally important to have good med-admin on psychopharmacological medications, due to the drastic side effects that they can have. The fact that they have whole consent forms for individual meds tells you how important (beyond the normal importance) the proper administration is.

- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?

Unfortunately, this is the one role that I did not get to play. I had actually researched BPD, and planned to take the role on that one. When we switched, Sydney was faster at claiming the acting role, so I took the secondary nurse. I did very much appreciate your understanding and willingness to switch the scenario- your sensitivity was a blessing.

- How will you use the knowledge gained from this week in simu in your practice as a registered nurse?

I think the most valuable takeaway for me, was just the massive importance of building trust. I already knew it, and it doesn't sound groundbreaking, per say, but it is one of the most basic/foundational elements of any relationship. Building trust would be important on any floor, but the experience in Sim offered a visualization of what it looks like when you have that trust and what it looks like when you don't. Taking a little time at the beginning to establish a bit of trust may save you a long time in the long run if you aren't constantly having to fight the patient to accomplish tasks, and patient satisfaction will be much higher and outcomes will be better.

P.S. I love the experience- thanks for hosting it even while you felt crummy!