

## PMH Simulation Reflection

At PMH simulation this week, I felt that I was really involved in the scenarios. I was able to see the treatment of a psychiatric patient from many different perspectives, and I feel like that was a big part in how I could better understand the concept of each diagnosis. Prior to starting, I was already doubting myself in if I knew how to approach each patient or scenario. I assumed it was going to be a very hard thing to do when trying to speak or if I would be able to communicate correctly. However, it went way better than expected because these patients are just like any other patient we have seen. I felt that the environment I was in was a very safe space in which I could learn, and I didn't feel like I would be ridiculed or disappoint others that were there with me. Each scenario went very well, and I feel like I have grown to have a better understanding of what a psychiatric disorder can look like and how I can determine what the best treatment for these patients would be. I believe I could have done better when it came to critically thinking about what I should do for my patient. At times, I would just stand silent because I didn't know what other approach to take, so I'd say I need to work on that for next time. By taking the role as the patient, I was able to see just how intimidating it can be when in a hospital with people who are constantly asking questions or monitoring you. I feel like the two people who had the roles as my nurses did really well, and they made me feel comfortable and heard, which should be one of our main goals when taking care of people. It taught me that the most beneficial thing to do is to build a rapport with each patient and they will be more willing to share what they are going through. I know that the things I was taught throughout SIM this week are definitely beneficial because they showed me how to prepare, approach and treat patients who are struggling with mental health issues which has become a bigger problem within our world, and I know I will most likely encounter psych patients throughout my career. I learned that I need to be more aware of the things that I may say and to always be prepared for any situation that can occur that I wouldn't have necessarily even thought about being an issue. Overall, it was a very great experience for me!