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IM6

PMH Simulation Reflection

My experience this week with SIM went a lot better than I had anticipated it going. My attitude towards psych patients was derogatory and negative, but with my clinical experience at Dove Tree and CMC, my whole outlook on psych nursing has changed dramatically. I feel much more confident in handling psych patients, and how to de-escalate a situation in which they are no longer in control. One of my initial fears was not handling a "manic episode" well, but through SIM and classwork, that fear has subsided slowly.

My thoughts about SIM initially were very frightening, as 1) it was at Tech, 2) I was dealing with Psych scenarios and I felt like I had little experience in that area, 3) I'm not the best actor (patient or nurse) and don't usually do well in SIM or CPE. My brain is notorious for not working as soon as I get into the building. But in hindsight it went really well and it wasn't as stressful as I had anticipated.

Getting into these scenarios, in my opinion, is super vital towards our future nursing careers. I think it is heavily researched that if you see things repeatedly, you are more prone to handling the situation better, because it is no longer brand new. This week I think my therapeutic communication improved slightly and my anxiety towards having a psych patient has lessened. My knowledge on PTSD and Personality disorders wasn't were I wanted it to be. I was given a scenario that, in my opinion, didn't go as well as I wanted it to. I just need more practice/experience with these scenarios.

It was an eye-opening experience to put yourself into a Bi-polar persons shoes. It made me have more empathy towards patients that are experiencing those symptoms with that diagnosis. I can only imagine how exhausting it is to go through those emotional "ups and downs" on a consistent basis. I am hoping to bring that sympathy to my nursing practice in the future and learn to take equally good care of psych patients just like I would any other patient.