

Samantha Torrez 4/26/23 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.
 - My feelings about my participation in simulation this week consist of being scared but also confident. I felt scared during simulation just because I was unsure of how I was going to deal with a psych patient. As the simulation went on, I began to feel more confident in myself and how to respond to the patient. Know my scenario was a patient who was struggle with anxiety made me remain calm because I know the feeling of being scared and very worried. All I wanted to do was bring my patient some peace and I am happy that I was successful in doing so.
- How did it go compared to what you expected it to be like?
 - I expected simulation to be like all the other simulations I have participated in previous modules. For some reason psych sim I was much more relaxed than I normally am. I felt safe in my environment and I enjoyed learning how to deal with different kinds of psych patients.
- What went well?
 - Something that went well was learning how to use therapeutic communication. I enjoyed how to be able to communicate with patient to better understand their feelings and get them the care they deserved. Therapeutic communication is crucial when caring for patients all around whether they're a psych patient or not.
- What could have gone better?
 - Something I think could've gone better is my communication. Next time I am dealing with a psych patient I would love to incorporate therapeutic communication into my scenario and even future patients I come in contact with. I want to be so comfortable with therapeutic communication that it becomes natural to me when taking care of anyone.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - When I was the patient for the coke addiction scenario, I thought my nurses did a wonderful job at de-escalating the situation. I felt heard and understand but most importantly safe. Nurses and their compassion for their patients is what makes the difference when caring for them.
- How will you use the knowledge gained from this week in simu in your practice as a registered nurse?
 - I will incorporate therapeutic communication in my practice as a registered nurse to ensure my patients are receiving the absolute best care they deserve. I also will I incorporate therapeutic communication outside of my nursing life because I believe it is a healthy way to really understand someone and their feelings.