

I feel like I did an excellent job at participating in simulation this week. I was able to participate in the roles as primary nurse, secondary nurse, observer, family member and patient. It was a helpful experience to get to play all the roles and learn about different psychiatric issues. I expected it to be a lot more strenuous than it was, instead it created a safe environment to help practice therapeutic communication and deescalation. I feel as though everybody's scenarios went very well and each had different learning components that everybody got to participate in. There was something new to learn in each role I was able to play. I feel as if we could have had more practice with signing consent forms could have been helpful. I felt that each role created a different experience each time. Playing the patient with anxiety taught me what it may feel like being cared for by a nurse during a crisis and put me in their shoes of what can be perceived as threatening or helpful. As the family member it gave me the perspective of how tiring mental health if a loved one can be on the supporting people. As the primary nurse it taught me how to handle different situations and how to effectively use therapeutic communication. As a secondary nurse it helped me learn how to incorporate teamwork. As an observer it taught me to look at all the components together and also on different techniques that others may use during a crisis. The knowledge that I gained from this week will help me continually humanize my psych patients and provide better care. Realizing that every patient is a psych patient and may be experiencing anxiety helped me better understand how to treat them and come from a place of understanding. I will continually practice my therapeutic communication to become the best nurse that I can be.