

## 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.
- How did it go compared to what you expected it to be like?
- What went well?
- What could have gone better?
  
- Reflect on the scenario in which you were in the role of the patient or family member.  
How did that experience affect you?
- Did this week change the way you think about mental health? If so, how?
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

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I at first wasn't too sure what to expect since I didn't get to be able and attend it last time. I from the get go enjoyed it and was excited to switch through all the roles. I felt in a more comfortable environment than I would have expected with it being in a different space. A big reason for that was cause of Dr. Harrison. It helped my overall learning experience and participation in any of the roles. I would say the scenarios went well. From prep room to being in the actual patients room I never felt once uncomfortable or if I felt like I didn't know what to do. Only thing that could have gone better was just the observation. It was hard to identify at first exactly what we were looking for but after getting into the first two scenarios, it was easier to pick up on. I was the patient with alcohol withdrawal and it was interesting to see how the nurses would react to how a patient with alcohol withdraw. I made me feel more empathetic toward patients with any type of withdrawals. Yes this experience has made me think more about mental health and how it come in different ways. It made me not be quick to judge what one mental health state is at and how we all experience trauma and some worse than others. The experience I have gotten from simulation will help me be more aware of certain identifiers that one patient may exhibit. It will help me be able to understand a patient more in depth and how to give them the best of care. It also helped me get use to being in an room with a patient that may or may not be exhibiting major mania or any other mental health disease that has such behaviors.