Krystal Herrera

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.
  - I was a bit nervous about being the actress and the nurse, but it was an awesome experience, and I was able to get out of my comfort zone and get a feel of what it would be like to encounter a patient with a mental health disorder.
- How did it go compared to what you expected it to be like?
  - It went great compared to what I expected, I expected it to be more about paperwork and lots of writing, and what we did was get to simulate real-life situations that we may encounter in the future.
- What went well?
  - The debriefing afterwards was the best part to me because we were able to put the pieces together on what steps we may have missed and what we could have done better for our patients.
- What could have gone better?
  - On my part, I feel like I should have slowed my thinking down and thought about what my patient was needing. I happened to get the bipolar disorder patient and I feel I froze up a little because I could not figure out what I needed to do in that moment.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
  - I was the patient with post-traumatic stress disorder, and it made me feel sad for this patient, whether it was based on a real patient or not. There are people who do suffer with PTSD, and it made me realize that there really aren't a lot of people equipped to deal with that situation, it opened my eyes to how mental health is viewed and now it has me thinking on what steps I can take to handle a situation like this in the future.
- Did this week change the way you think about mental health? If so, how?
  - I have always felt like mental health has always been kind of brushed under the rug as someone who suffers from anxiety, but I am getting to learn about other disorders besides mine and I feel like more focus should be on mental health. Mental health should be at the center of everything because we may be able to fix everything else so why should we not be able to fix disorders so that people can have more meaningful lives.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

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- In my practice as a registered nurse, I want to make sure I talk to my patients and treat them like a human being. I hate the thought that some nurses will go out of their way to avoid dealing with the "psyche" patient, that can be so isolating for the patient and may even make their condition worsen by not receiving proper care. If we can just learn to listen to our patients I think treatment outcome can be so much better for them and it will also make us feel good about how we helped our patient.