

PMH Simulation Reflection

I feel content with my participation in sim this week because my scenario had to do with the patient presenting with Schizophrenia and while I maybe could have handled it better, it didn't go horribly wrong. I expected the patient to be difficult and having some sort of hallucination and for me to not know how to handle her. In reality, while she was having a hallucination and didn't listen to me at first, when I explained the plan of giving her medications for her anxiety and hallucinations, she believed they would help and agreed to take them. What went well was that myself and the other nurse (Sebastian) made sure she was safe and that her immediate needs were seen to and through doing that we gave her medications. Our communication was also (I hope) therapeutic with the patient. What could have gone better was me handling her hallucinations and trying to not feed into them- I think at one point she said that she wanted to get her baby back and I said something about us being able to do that.

My experience being the patient was quite interesting because I could be on the receiving end of the therapeutic communication and was able to see how those techniques were useful for the patient. Also, it allowed me to be in the shoes of the patient (who had PTSD) and to kind of see how her mind was working and how the nurses responded to her.

This week did change how I think about mental health because it doesn't seem so scary to me now and it doesn't make me want to not take on those patients in the hospital. They are people too and there are ways to help many of these patients and they deserve the help that is offered. I will use this knowledge in my future practice to willingly take on this patient population and to see them for the people they are outside of their illness.