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IM6

PMH Simulation Reflection

This simulation was very fun, a good learning experience, and an ice breaker for psych clinicals. I think as a whole, my participation was good for this being the first time I have had to treat and care for a psych patient. As the primary nurse, my scenario was a patient with Bipolar I Disorder. She was very hyperactive and expressed grandiosity. In this situation, I was able to see how therapeutic communication is a huge factor in being able to care for your patients and building a relationship with them.

As a whole, my experience in this simulation went better than expected. I was able to respond appropriately with these patients, even though it was out of my comfort zone and new to me. Now that I have gone through a simulation of what the psych world feels like, I feel a little bit more comfortable and confident about being able to provide care for these patients.

What went well for me was I was able to convince my Bipolar patient to take her medication even though she was adamant that she did not want to take it at first. I also really enjoyed everything about the Tech sim center. It was very organized and put together and I liked how real they made it out to be.

Something that could have gone better is being able to keep a conversation going and more teaching on my end. I think overall I did good, but every time I am in simulation, I tend to freeze up and my mind goes blank when I am unsure of what to say. I think with this simulation specifically, I had a hard time because I did not want to say something that was not therapeutic or would come off to the patient wrong.

I was the patient who was withdrawing from alcohol. My nurses were really good at addressing my feelings and asking what I wanted them to do to help me. It was a really good experience as the patient because I felt like I was in control of my care and treatment rather than them forcing me to do things or me not knowing the reasoning behind the nurses interventions.

I had a very open mind about how my psychiatric clinicals would go. This week in simulation helped me understand that 99% of the time, no matter what specialty I go in, I will have patients who deal with mental health issues. Whether it is something like anxiety or to the point of psychosis. It has opened my eyes as to how important it is as a nurse to address and be aware of the patient's mental health. It is constantly missed in other areas where psychiatric patients are not common and many people working in healthcare have this stigma towards it.

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   This experience taught me how important it is to make the patient feel safe and help them guide them with their treatment. It also taught me how important therapeutic communication is with your nurse-patient relationships. Not only does it improve their care, but it makes them feel important and can help ease their anxiety or worries that they might be having. I look back at this experience and realize that this not only applies to psychiatric nursing, but every kind of nursing.