

PMH Simulation Reflection

At first I was very nervous about the simulation, just due to the unknown and not knowing what to expect. I also don't have much experience when it comes to caring for patients with psychiatric disorders. It was nice to be able to have the therapeutic communication form readily available and to be able to review that before-hand. The other saying that Dr. Harrison provided for us were really beneficial as well.

My scenario that I was assigned to as the primary nurse was the patient with borderline personality disorder. I felt that you can constantly prepare prior to the scenario, but with psych, each person who has the same disease can present in so many different ways. In my case my patient was suicidal, and heartbroken over her breakup with her boyfriend and it was very hard to comfort her and still maintain her safety at highest priority.

I liked being able to have a secondary nurse to assist me and to bounce ideas off of. The therapeutic communication tools sheet was also very helpful. I also enjoyed hearing the feedback from the observers and the instructor. It was nice to know what things I did well and the things that needed improvement.

I definitely feel that I need to work on my therapeutic communications, because it's so easy to say things that you didn't find as non-therapeutic but are when it comes to psych nursing. So, definitely practicing those terms and sayings will help.

I played the patient who had bipolar mania, and it was eye opening to be put in the shoes of a person with that disorder. I can see why these patients stop their medications due to their overly high highs and extremely low lows. I can also see how it can be lonely in a way, because I didn't feel like people understood me or what I was experiencing. I just wanted to live my best life and not feel diminished.

Yes, I left simulation being changed in a way that made me empathize with the mental health community. I felt the severity of how overlooked or misjudged these patients/people are. It made me sad, angry, and disappointed in our health system that there isn't more being done for this population.

I will continue to advocate for my patients and the care that they deserve. I will continue to grow and expand my therapeutic communication and critical thinking as a nurse.