

PMH Simulation Reflection

I felt a bit nervous and anxious because it was our first simulation in psychiatry, and I did not know what to expect. I would like to know what I will be doing and what to expect but there is always a first in everything and being a nurse, we must expect the unexpected. The overall experience was amazing and would not change it one bit. I learned a lot and participating in the scenarios helped tie in the lectures and get a better understanding of it.

Everything went well during our simulation time. I like that we were able to debrief after each scenario and talk about what went well and what we could improve on. We got great feedback from our peers and instructors in a safe environment where we are not looked down on. Talking about experience in clinical, some of us had, but overall loved hearing about your experience as a psych nurse was the best. I would not change anything about sim, it was very helpful and educational.

I played the role of a patient who had PTSD. It was easy for me to play that role because I personally have a relative who suffers from it and seeing how he acts came to mind while acting as the patient. This experience gave me a small taste of what he suffers when he is triggered and man it was exhausting. Participating in this role has me wondering, what is going on in his mind when he is triggered?

This week has changed what I think about mental health, and it gave me a baseline on how I can start talking to my patients, so they are able to open up to me and get the care they deserve. Matt Haig once said “Mental health problems don’t define who you are. They are something you experience. You walk in the rain, and you feel the rain, but you are not the rain.”