

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 felt that my participation in simulation this week went well. I was able to learn a bit more about the different mental illnesses as well as obtain tools to better care for people who are struggling with those mental illnesses.

- **How did it go compared to what you expected it to be like?**

It went well and went fairly similar to how I expected it to go.

- **What went well?**

I felt like the simulation that I was the nurse for went fairly well. I was able to get into the room and assess just what my patient needed. On top of that, I felt like the simulation where I was the patient went well too. Despite me, as the patient, giving the nurses a lot to work with, you could tell they were working hard to figure out what exactly it was that I needed. They were working hard to problem solve and handle my needs in the most therapeutic way possible.

- **What could have gone better?**

I felt like everything went well, overall. If anything, we probably could have slowed down a little bit in order to better handle the more complicated patients on the second day.

- **Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?**

I personally have experienced my own share of trauma throughout my lifetime, especially more recently. So throughout both days, there were certain things that got to me. As I played the role of the patient, I didn't think it would really have that much of an effect on me. However, as I got into the role and the situation started, I found myself shaking just out of nowhere. I didn't expect anything like that to happen, so naturally it made me a little nervous.

- **Did this week change the way you think about mental health? If so, how?**

Yes and no. Like I mentioned previously, I have had my own amount of trauma throughout my life. So, I have dealt with mental health and what that looks like through most of my life. Not only with just myself personally, but also with family members and loved ones. I will say, it's nice getting to see what other mental health illnesses can look like and how they may present.

- **How will you use the knowledge gained from this experience in your practice as a registered nurse?**

The experiences in sim will help aide in my care to those effected by these mental illnesses. Not every person struggling with their mental health is going to need or want

the same kind of care, so this helps get a better idea on what I may need to do in order to best care for that person as a whole.