

Kirsten Garcia

IM6

September 14, 2023

SIM is always nerve-wracking for me, and I'm sure for everyone else, but I have felt the most comfortable during Psych SIM. I enjoyed being put in someone else's shoes and channeling the emotions that they're possibly going through. It's not easy to adapt to different disorders and figure out what to say, or what not to say, but this experience gave me a better idea of what I should do when caring for these patients in the future.

I was the patient who was diagnosed with borderline personality disorder, and it was a challenge trying to channel the personality of someone suffering with it. I just find it fascinating how different the mind works for every single person. I thought the nurses caring for me did a great job of trying to ease my anxiety and trying to compromise with my requests/needs. I also learned the importance of therapeutic communication and not saying "I understand" when I actually don't understand what they're going through. I was the nurse for a patient with PTSD. Walking in, I was nervous because I did not want to say or do the wrong thing that might trigger the patient, but as the scenario progressed, I became more confident. Working at the hospital has made me more comfortable speaking and adapting to each patient, so I tried to treat the scenario as such. That helped me not be so anxious and I feel that helped me help the patient more.

Reminding us that they suffer with these illnesses every day of their life and even though we might not know what it's like, we should still give them the care that they deserve, really stuck with me and motivated me to be better. Even though nursing will not be easy, I hope that I keep the passion I have for caring for people throughout my career. When you were talking about how much you enjoyed caring for these kinds of patients, it inspired me because you could see how passionate you are about it. It also opened my mind to consider possibly going the route of psych nursing. I see myself as empathetic

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and it makes me feel better when patients voice their appreciation for being listened to. Thank you for opening my mind to a different route!