

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.
- How did it go compared to what you expected it to be like?
- What went well?
- What could have gone better?
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
- Did this week change the way you think about mental health? If so, how?
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

Simulation is a great place to stimulate learning. I really enjoy getting to play all of the roles in a scenario and that it includes everyone to make the day run smoothly. It was a lot less stressful than I expected. The scenarios were great, I liked having a script to follow as the patient. I also liked having scales to use and being able to put what we learned in class to practice. The only thing that could have gone better was finding the simulation center was kind of difficult. I had to call friends to help me find my way and traffic at Texas Tech in the morning is crazier than I would have imagined. I was the patient for the first scenario which was pretty easy since most of us experience anxiety on some level. I was the nurse for an alcohol withdrawal which turned out to be a nicotine withdrawal as well. I was thrown off when the scenario patient was asking for cigarettes instead of alcohol but after a call to the doctor I figured out that I could give both. This experience changed the way I think about health care because in most of my experience the last priority is mental health but mental health is actually a huge contributing factor to overall health. Everything I have learned about mental health and everything I have in simulation will easily apply to working as a nurse because it shows that mental health is just as important as treating the physical symptoms. As nurses these patients can be frustrating because we lack the resources to properly take care of them properly without neglecting our other patients since they require more time and communication than a mentally healthy person. I think it is important to remember that even though this is frustrating, it is not the patient's fault and should not be taken out on them.