

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?

My feeling for this week simulation is both nervous and excitement, nervous because I'm not my strong suit and I'm not really good at communicating and excitement because I'm going to learn about more about mental disorder and how to communicate with patients. The simulation went much better than I expected to be because I thought that it was going to be hard, and I wouldn't know how to deal with. I think what went well for me during the simulation is how I de-escalate the situation because during the scenario, the patient is having flashback from being at war and how the patient life was threaten, I reassure the patient that the hospital is a safe place and that there is multiple level of security to make sure that the patient is safe. What could have gone better during my scenario is how I communicate with the patient, I think that my communication was not at the therapeutic level yet and this is a skill that I need to keep practicing on in order to improve my care for the patient. One of the scenarios, I was in the patient role having mania, this role affects me because it made me realize that the patient cannot control how they will act in some situation, and it could effect on the patient's family and friends. This week change the way I think about mental health and it made me realize that all mental health patients look the same as different patients and they all need the same treatment and respect that they deserve because the stigma about mental health disorders have led the patient to sometime not get the help they need. I will use the knowledge gain from this experience by improving my communication skill to help identify what is the patient need and make appropriate planning and finding help that would benefit the patient.