PMH Simulation Reflection

- **Describe your feelings about your participation in the simulations this week.**
  Simulation this week was definitely not what I expected but it was more than great. Going in usually, we have a lot of prework that we are expected to do which usually helps in knowing what we are supposed to do during our time in simulation but this week we didn't know what we were going to do going in. I was nervous because I am the type of person who likes to have everything laid out and know what to do when I get there but it gave a pleasant element of surprise. I loved the different scenarios that were picked out and I'm always grateful to have an extra nurse that goes in with me, especially for some of the scenarios that were chosen. Playing the role of the patient was also fun because we got to embody the patient and what disorder they had plus it was a good teaching moment for me.

- **How did it go compared to what you expected it to be like?**
  The whole experience was great, but I was definitely nervous about what to expect because I don't know how to help psych patients. I barely knew some therapeutic communication and that's a big part of helping psych patients. I was also nervous about what we were going to be doing. I knew it was going to be difficult just because we haven't dealt much with psych patients other than lectures.

- **What went well?**
  I think one thing that went well was our group's willingness to participate and learn because it is more fun and educational when people are into the experience and the fact that we were all nervous made me feel better.

- **What could have gone better?**
  The whole simulation was laid out very organized and our group was very into the acting and trying to make it a good experience, so personally I don't think anything could have gone better than it did. Maybe just the cameras acting up, but technology doesn't always do what we want it to.

- **Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?**
  I was the patient who had a diagnosis of borderline personality disorder (BPD). It wasn't very hard to get into that mind set of the patient because even though I don't have a diagnosis of BPD, I acted a lot like that in high school and I have a history of depression with self-harming tendencies. It wasn't triggering for me to play that role, but it definitely made me think about people who have been diagnosed with BPD who have been struggling and how hard that must be to deal with on a daily basis.

- **Did this week change the way you think about mental health? If so, how?**
  I have always been an advocate of mental health and people gaining knowledge of mental health because of my history as well as millions of other people's history. Mental

health disorders are so common, so I think it important for people to stop acting like they aren't and educate themselves to some degree. Mental health disorders can be scary, like today with the schizophrenia scenario, but that doesn't mean you get to brush it off. It just means you don't have all the knowledge you need and there is more learning to do.

- **How will you use the knowledge gained from this experience in your practice as a registered nurse?**
  The most important thing I learned from this experience was therapeutic communication. In earlier modules all we had to do was talk to the patient, not necessarily in a therapeutic manner. But now in this module learning about mental health, we have had to improve our communication skills. I want to take what I have learned from this simulation experience and improve my therapeutic communication for my own practice because the more our patients trust us, the more we can help them.