

PMH Simulation Reflection

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Going into SIM this week, I think everyone's nerves were high, not knowing what to expect out of the experience. Psych is an intimidating patient population, just because you have to meet so many different needs of different patients and you never know what to expect. After the entire experience though, it wasn't as hard to manage and care for the patient. Balancing their physical needs with their mental needs is a little challenging, but it isn't any harder than a patient on the med-surg floor.

I think what ended up going really well was how well we all adapted to the situation. I know for me, I thought it was going to feel super foreign and complicated dealing with this patient versus your typical patient. It wasn't much different other than having to really empathize with what these people may believe or have experienced. I think it opened my eyes more at the fact that they don't want to act out as much as you don't want them to. What could've gone better for me was probably knowing more of what to say, but I know that comes with time and as I get more seasoned it'll be easier.

As far as my scenario, I was the Schizophrenic patient and that was a very interesting role to play. The way their brains are so all over the place makes it so hard for the nurses to get their jobs done effectively. I can't imagine the challenge it is for the patient as well as the nurse. How do you finally become able to work together to become successful in the nurse-patient relationship as well as the treatment? I know that you eventually do get to that point, it just didn't seem very possible at the time in my scenario.

This week really made me think about how I would still make the patient feel human through the care I was giving them. I feel like it would be easy as the nurse to get carried away with the psychological problem away from the fact that they still might be physically injured from a cut or dog bite. I will definitely try my best to make them feel as normal as I possibly can while still caring and hearing them out about their other ailments.