

PMH Simulation Reflection

Simulations in Module six has been one of the best experiences I have had compared to any other simulations in the past. This was by far one of my favorites. Being able to be the patient and nurse made the care understandable and the understanding on how much mental health gets pushed under the rug because of the misunderstanding or just the not having empathy towards these patients. I expected my nerves to be rattled and random things thrown in my way to the point where I felt as if I was going to feel defeated coming out of it, but it turned out way better than I could have imagined. I feel as a lot went well, I liked how there was a two nurse per patients when it came to assessment because I could have missed something important and luckily there was another nurse in the room to help see those things or even add to the support that the patient needed. If anything would have helped me out in the situation, is I would have liked to have seen how a veteran nurse would have handled those situations, would we experience a burnt out nurse or a nurse who listens to what the patients sees without the bias or the opinion as to why they are like this. I played the role of Jessica the sister who needed help with her sister, being in the position in real life helped me to play this role. I've been the one who has tried to help, called for help as well as get into heated discussions with my sister who was suffering from bi-polar disorder. It was a troubling time because we can't help unless they want to help themselves and actively want to get better because it is an ongoing treatment that needs to be maintained. I feel like if I were educated more then it would have been easier to find more resources to help. Honestly this whole entire module has changed my way of thinking when it comes to mental health, it has made me have a hard look at mine. It has pushed me to want to see people where they are so I could possibly get them to where they need to be without being a threat to themselves and others. This experience has made me realize that I want to implement the Hamilton Scale into some of my assessments because some people have learned how to hide those feelings and if I could get them to trust me a little and maybe get them to open a little more I could get them the help or lead them to resources that they might need.