

PMH Clinical Simulation Reflection
Cami Skipper

· **Describe your feelings about your participation in the simulations this week.**

Simulation was a great learning experience and was so much fun! I participated as a patient twice, a secondary nurse, and a primary nurse. Because of all these experiences in different roles, I feel as if I took full advantage of the learning experience through my participation.

· **How did it go compared to what you expected it to be like?**

It was a lot more of a relaxed and positive environment than I expected it to be like. (I am fully aware that SIM is not supposed to be scary and most of the time it is not, I still just get the jitters.) Sim always has given me the nerves, but being able to focus on therapeutic communication more in this exercise was a lot of fun. It was more communication based, then skill based, and I really think we needed that to grow as we enter this career.

· **What went well?**

I think the way we all worked together as a group and grew through each scenario went really well. Because everyone in the group had to participate in some way, it allowed each of us to provide our knowledge and all grow in different ways the past couple of days. Learning the “I see you” line and how it affected our patients even in our scenarios was extremely positive and will definitely be used in my practice moving forward.

As the primary nurse, I feel like my education on medications and my communication with the doctor went very well.

· **What could have gone better?**

Because I went first as the primary nurse, my brain kind of flew out the window. I should have asked for patient identifiers and verified allergies both of the times I walked in the room. Although this exercise was practicing more psych roles and therapeutic communication, I should have still asked to get in the habit.

· **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 family member for a manic patient and the patient for borderline personality disorder. As the family member for the manic patient, I was able to put myself in those shoes and see how hard it would be to actually be able to be in that situation. How you feel so helpless, but care so much. As a patient with borderline personality disorder, my heart goes out to those patients. They cannot control their emotions and it would just be so hard to go through life that every little impact affects you as if it is the worst day to be alive.

· **Did this week change the way you think about mental health? If so, how?**

I have grown up in a family where all mental illness and mental health has been greatly accepted and acknowledged, but being in the nurse role has changed my perspective a lot. Like you kept repeating, it is their worst day and it is just another day for us at work. I will go into everyday reminding myself of that. These psych patients deserve the best treatment and care we can give them, because they cannot control what is going on in their brain.

· **How will you use the knowledge gained from this experience in your practice as a registered nurse?**

I will gain empathy, ways to correctly talk to patients by using different phrases, and acknowledgement/awareness for how other healthcare members treat these patients in different settings.

Thank you so much for this experience and I truly learned so much over the past couple of days!