

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.
 - My overall feeling of my participation in this week's simulation was a positive one. I got to be each character role such as primary nurse, secondary nurse, an observer, and even patient. I gained experience from each role. As primary and secondary nurses I learned what therapeutic communication is in depth and how to apply it to certain situations. I learned how to remain calm in stressful events and how to not take things that were said to me personally. Being the observer, I got actively watch for things that were done very well and things that needed improvement. This allowed me to use those observations in my own situation.
- How did it go compared to what you expected it to be like?
 - I expected this SIM lab to go similarly to the previous SIMs we have experienced. This one I felt was different in the fact the main focus was therapeutic communications and less on the physical aspect. I also felt that this SIM was a much more positive and safe learning environment. I was not nearly worried about getting docked for messing something up such as sterility etc. I also appreciated the way Dr. Harrison taught about each subject and gave good pointers on how to recognize and care for the different types of mental illnesses.
- What went well?
 - I felt I learned something from each skit which was a big positive. Dr. Harrison did a great job keep the environment safe and enjoyable even when some of the situations were more emotional or a difficult topic to deal with. She allowed us to ask any questions we had about all the mental illnesses we experience without judgement.
- What could have gone better?
 - I am not sure I would change anything from this week. Personally, I am part visually learner so watching or being a part of each skit helped me. It would have been interesting to maybe have watched more videos of people who live with each condition and how they first hand deal with it. Those types of videos tend to stick with me more because of the truth behind them.
- Reflect on the scenario in which you were in the role of the patient or family member.
 - I was the patient in the mania scenario and Cami was the sister. I really up played that role trying to make it as realistic as I could. I will admit it was harder to keep that intense energy up and constantly be talking. I also knew I was making it really difficult on the nurses and that was hard for me to do because I really dislike causing problems. I do feel the nurses for that scenario (Ashley was primary and Amber was secondary) did a great job at taking what I was saying

and roll with it. They did not take the things I said to heart but worked around the difficultness. I also learned how exhausting it must be for patients with actual mania. I only had to do it for 20 minutes and I slipped some, I cannot imagine being constantly like that and not had have sleep or food for days on end.

- How did that experience affect you?
 - This experience was a useful one in terms of caring for patients, those with mental illnesses and those who don't. These scenarios were mostly about how to provide therapeutic communication to all patients and I felt I left this week's SIM with those skill tools. I can use what I learned about therapeutic communication on every patient I come across and even the people I see in a day-to-day basis.
- Did this week change the way you think about mental health? If so, how?
 - I have always had a soft spot for those who live with mental illnesses but I do feel my empathy and understanding for this patient population has grown even more. I felt playing as a patient had a bigger impact on my understanding for how exhausting it is to constantly deal with these illnesses and almost have no control over it. It explains why they sometimes are very angry and irritable when confronted.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - Therapeutic communication has become a skill I want to always continue improving. Being patient and most of all being compassionate is very important in this patient population. I can also now better understand and spot certain mental illnesses. These are skills that I will use for my entirety of my nursing career and will continue to build from it.