

PMH Simulations Reflection

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The good part about our simulations experience was being able to practice taking care of different patients with different circumstances of how people may or may not react. Then seeing how each person handled the situation. For me in my mind I was able to watch others to see what I would have done differently or use what others did as an example of what to do in certain situations.

When I was the patient that had anxiety, it made me think and feel more of what a patient may feel in the hospital and not being able to articulate what's going on with them. It made me think about people who have anxiety that comes from backgrounds or families where anxiety is not considered real. My family for example never thought about mental health issue, they always thought you have food and a home you don't have any problems.

Today so many different feelings and emotions occurred. One listening to the guy on TikTok about his trauma from being in a in an army vehicle that was hit, and the long-term effects. For me, I was reminded of a time that I was affected by trauma that had long term effects That up until recently I had no idea that really affected me. It got to the point it was debilitating, I couldn't function. I had to finally come up with the courage to reach out for help. Then seeing my classmate triggered made me cry internally. Because how you mentioned how PTSD affects not only the person but the people around that person. I felt that to be so very true from my own experience.

I have changed the way I think about mental health mostly from things that has transpired in my personally life then having this entire section of the module to learn more about it. One mostly the topic of like substance uses disorders and how people resort to using substances to self-cope. I never used substances so I can't relate to that part but the depression and PTSD. But it puts it into better perspective. People are suffering silently trying to cope not knowing its help available.

From this experience I take away each person experiencing mental health problems will not present the same. As for me being the nurse to never take it personally. Especially knowing the different mental issues and how a person can be considering suicide or schizophrenia. I think the one big thing is to remain calm and patience no matter if a person is refusing medication or too anxiety to think straight.