

PMH Simulation Reflection

My experience this week of simulation for psychiatric nursing was amazing. I was extremely nervous because we had not had any lectures pertaining to psychiatric nursing yet, so I felt like I was going to do horribly. Luckily, Dr. Harrison did a great job in explaining different types of therapeutic communications and gave us a very thorough pre-brief of each scenario to help us better understand the various situations we were simulated. I felt like the basics of nursing went really well, such as introducing ourselves to the patient, hand hygiene, and medication administration. What could have gone better in my experience was my communication with my patient. I was told that I was “too kind” and I needed to be more assertive. I felt like I really needed that because it is truly something I lack when I do go into a patient’s room. Reflecting on the scenario where I played the patient, I acted as a patient who abused drugs as a coping mechanism for depression. I felt like there were moments where my nurses were really nice and moments where they were assertive when necessary. In parts where my character shares her depression in relation to her family and ex-boyfriend, there were awkward moments when the nurse would not say much about it. I feel like, in a real-life scenario, I would not even know what to say. Malachi did a great job by offering therapy, though. Reflecting on my experience as the patient made me feel more empathetic towards the psychiatric community. It makes me think about how we do not know what others are going through and that mental health should be taken seriously. In the past, I was scared to get therapy because I did not want to be a part of the “negative stigma”. However, with the help of supportive friends and family, I took a leap of faith to try it out and was pleasantly surprised by what my therapist shared and how some of the methods she shared worked for me. I think that the methods of communication from my experience in simulation will benefit me in the future when I become a nurse to give the best care I can possibly give to my future patients.