

PMH Simulation Reflection

- Describe your feelings about your participation in the simulations this week.
 - I was excited about going to a new location rather than the simulation at the children's hospital. Thinking of a new place to do simulations was like a fresh start on this module. Seeing the new patient's room and new items around the area was just exciting to know that I have made it this far to have the opportunity to learn in this simulation location and instructor. The group I was assigned with I have not worked with before but one. It was great to get to know them a bit more and make new connections. I feel that we worked well as a team and had a fun time during the scenarios as we learned our strengths and weakness was beneficial to me.
- How did it go compared to what you expected it to be like?
 - I was unsure if I would do good. I was nervous from this being something completely new to me. I didn't think I would be interested in it or feel that I can't follow along knowing it's an overwhelming subjects combine that I didn't know much about at this moment. I was afraid I wasn't going to do well from having little knowledge on the it and medications.
- What went well?
 - Observing each scenario and debriefing after the scenarios was amazing on how much I was more interested in wanting to learn more on mental health. Learning more about the medications was interesting to me because I heard and learn things that I didn't write down on my own medication sheet. That was catching my attention to dig in more and take a different look on what I need to know more when describing the medications to patients and the risks to be more aware of.

- What could have gone better?
 - Personally, I wish I would have read the email or message sent on the scenarios the following day to inform the instructor on a possible emotional trigger it could cause me to have. I was unaware of how I would react being something that has been very recent. I did feel bad that the scenario had to be change and my peers losing the opportunity to learn from it. I understand that it is very important one to learn from being a top mental illness that is occurring very often. I would have wanted to learn and gain knowledge as well on it. I just did not know I was going to react the way I did emotionally from hearing about the patient scenario, it was to close to the scenario I experienced recently.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - In the scenario where I was the patient it was a beneficial opportunity to see from the patients' eyes on how I feel when being taking care of from my peers being the nurses. I was paying attention on how they made me feel and of they were listening to me and caring for my needs. It has helped me more on growing on the things I can do more and learn when caring for a patient that has a mental illness or is having a hard time being in the hospital and needing to be heard and helped with coping skills.
- Did this week change the way you think about mental health? If so, how?
 - It has helped me grow into recognizing more cues to pay attention on possible mental illness or help a patient may need. I learned not to assume they are ok if not showing any symptoms at the moment I walk in the room for the first time. I learned to always assess each time I go into the room for possible red flags of any silent cry for help

with what is going on with their mental health. My view towards mental health has grown to want to dig into more and get more experiences in it. I want to look up more mental illness that I thought I know about and get more facts out of it and learn more ways to help in therapeutic communication. I want to gain my knowledge and skills on doing more therapeutic communication to not sound off or awkward when trying to care for a patient with a mental illness. I want to be able to earn their trust and not have them feel that I don't care or not understand how to help them heal in therapeutic way.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - The knowledge I learned from this experience is going to help me grow in helping my future patients heal in a different manner such in a therapeutic way that I can provide and show. I have gained more knowledge on information on certain medication to be more aware about on educating to the patients and to myself to be more aware about on not making a med error. Learning that there is tools to use to help aid my screening on possible signs of a mental health illness the patient may be experiencing. Understanding that I need to be able to observe and communicate those questions in different ways to avoid having the patient shut down or agitate them. I learned ways to avoid on deescalating some situations and being more aware that things can get worse if I don't have a good grasp on the different types of mental health illnesses.