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IM6

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PMH Simulation Reflection

I enjoyed every moment of the simulation this week, I did not really know anything when going in, and didn't know what the expectations were.

I was very nervous, but when the instructor explained what we were supposed to do and gave us the direction to follow, I started having a little confident about what to prioritize and how to perform an assessment on a mentally ill patient.

All the aspects of the simulation were great, not only I learn how to approach a mentally ill patients, but I also learned how to differentiate the disease based on the symptoms and the treatments. I was able to put in to practice the medication learned in class with each scenario, and I feel like it was helpful to better understand the medication admit and the reason for administering. I also had a good understanding on therapeutic communication, how to approach a patient experiencing delusions, hallucinations, or patients with suicidal ideation.

I personally think that everything went well, it was a good learning experience, I learned how to assess, what tools to use when assessing a PMH patient, how to score the assessment tools and the priority intervention bases on the assessment.

I played the role of a schizophrenia patient experiencing hallucinations, being in the patient shoes was difficult and very challenging and frustrating when you are seeing things that nobody else is seeing.

I have learned that empathy is very important in mental health, as a nurse you must put yourself into the patient place and feels what they are going through mentally to better understand and care for them.

As nurse, this experience will be very helpful, especially the communication techniques (the therapeutic communication) and how to build trust with my patients.