

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.

I thought it was a great learning experience. Being able to put into practice what we have learned over the last two weeks was great.

- How did it go compared to what you expected it to be like?

Normally, when we learn about such serious topics, the simulations never mimic how serious the situations can be. During scenarios such as mania and schizophrenia, the patients' acted out the illnesses as if they were in extreme situations. I think it was great that they did that because in real life, patients aren't always going to be easy.

- What went well?

I think everything went well.

- What could have gone better?

I don't think anything could have gone better. Everything was very organized. Even though we didn't really know what to expect, I think everyone pushed through and did a great job.

- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?

My patient had schizophrenia. It was hard working with my patient because they had auditory hallucinations and that's all they could focus on. I tried to play along with the patient, and I think it worked out well because I was able to give her the medications and calm her down when she truly believed a demon had stolen her baby. I tried using therapeutic communication and, in my case, it really worked out in mine and the patients' favor.

- Did this week change the way you think about mental health? If so, how?

I definitely have more respect for mental health patients' now. I understand that they are human just like us and we have to be advocates for them and treat them just as we would anyone else.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?

After seeing how well the therapeutic communication went with my patient and during the other scenarios, I will definitely be taking that into my practice when I become a registered nurse. I also noticed not just with my scenario, but everyone else's, that offering options and alternatives works very well with patient satisfaction. Therefore, I will be taking that into my practice as a registered nurse as well.