

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.

My feelings toward the simulation this week, were not at all what I thought it would be. I got to put myself into the patient's shoes and get to see how they can be treated firsthand. I learned that not all patients are treated the same in the hospital when they should be. We are all people, and some people just have a mental illness, but that does not define them as a person of whom they are.

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

I was very anxious the first day of Sim clinical, just because I didn't know what to expect, but it ended up being my favorite Sim clinical out of all the modules.

- What went well?

What went well was there was this unspoken teamwork that we did as a group, and I think we all did amazing during our simulations that we had. We all worked together to accomplish and finish strong with our scenarios that we all had, and I don't think it could have gone any better than it did.

- What could have gone better?

I don't think anything could have gone better. As I stated in the last bullet point, we did amazing as a group, and I'm very proud of us.

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

When I was the patient for alcohol withdrawal, I don't think I completely understood what it is like for these patients going through this in the hospital. This experience affected me by preparing me in a way by how these patients feel, act, and even want to be helped but don't know how to get the help they need and deserve.

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

This week changed the way I think about mental health completely, by showing me that these patients don't know how they are acting sometimes, because of their illness. And its never okay to treat these patients any different than the rest of your patients you may have that day.

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

I will use this knowledge by always remembering, I am here to take care of these patients no matter what the case may be.