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## 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 felt I did my best as an actor to demonstrate what a PTSD patient would be like, but I took out the aggression part because I did not want to cause more of a scene than I already did with my disturbing performance. As a nurse, I did well because I remained calm and collected. I choose the proper treatments whether pharmacological or non-pharmacological.
- How did it go compared to what you expected it to be like?
  - I thought it would be like every other sim minus the manikin, but I was quite pleased because the TTU sim center was amazing. I am so glad I do not have to go to the Covenant SIM Center because it pales in comparison.
- What went well?
  - The privilege of going to the TTU sim center and seeing its world-class facilities caused me to have a better perspective of what a sim center should look like.
- What could have gone better?
  - Nothing at all because I felt like I made mistakes that helped enhance my education.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
  - I had a patient who had PTSD and was going through alcohol withdrawal. I did my best to put myself in her shoes, but I took out her violence and angry behavior because that would be going off script. I felt like I was giving my classmates an easy time with their interventions because in reality there is not any therapeutic communication that works if the patient is unwilling to work with you. That is what happened with my patient, she would have moments where she would be unwilling to listen to reason regardless of what interventions we would try. Sometimes they just need a moment to themselves to recuperate with complete silence.
- Did this week change the way you think about mental health? If so, how?
  - No, because I am still interested in mental health. I have always been fascinated by patients with mental health issues. I am excited and cannot wait to see them in clinical.

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- How will you use the knowledge gained from this experience in your practice as a registered nurse?
  - I will remember to be patient with my patients regardless of what disability or impairment they may have because we do not know what biases others may have for them and we may be the only ones who can be that person who treats them equally.