

## PMH Simulation Reflection

The simulation this week truly got my attention. I think I overcame my concerns because, despite the challenges, it was eye-opening to walk in the shoes of individuals who suffer from mental illnesses. My self- and my classmates' confidence also improved as a result. I'm proud that my classmates and I are slowly showing capability to take care of our patients because it means that we are growing as student nurses.

I believe that because I was so anxious and unsure of what to anticipate, it went better than I had expected. Although, I sometimes feel like I lose my way in simulations because dealing with psychiatric patients are unpredictable and complicated, I still view everything as a teaching opportunity and a lesson.

The communication and teamwork went well. I believe that when I was performing my scenario, I had lower expectations, but I'm glad that I overcame all the difficulties and gave it my all. It's also good that my classmates continue to support and encourage me. My secondary nurse was also very helpful.

My preparation was what could have made the difference. I need to have done more research on schizophrenia in addition to reading my patient's history. I believe that the scenario caught me off guard just because my patient was difficult to console. I wish we did something better to help her but sometimes the best therapy for patients is the presence of their nurse/nurses.

My understanding of schizophrenia improved. I gained a more comprehensive understanding of the disease process and having the role of lead nurse greatly aided me in learning how to redirect and manage my patient.

My perspective has evolved regarding patients with mental illnesses. I've come to understand that nurses don't always realize that they often downplay or ignore the problem of their patients with mental illnesses, sometimes; all they want is companionship and assistance. Some of them do not open up because of their fear of abandonment. I came to see that while they could be challenging at times, they could get better with time and understanding.

I'm going to treat my patients with mental health issues with a lot more patience. Without a doubt, I would stick by them, make sure to address their issues, and watch out for my actions that may come off as dismissive. Taking care of them requires a lot of courage, particularly if they are aggressive, but it is satisfying when I see them recover because I played a part in their recovery.