

I thoroughly enjoyed the PMH simulation this week! It went extremely well compared to what I thought it would be like. Going into a new place with new things we've never used before was a little intimidating but also really cool. We got to see a lot of technology that the SIM center at Covenant does not have and it was really neat to be able to experience that. I don't think there was anything that could have gone better. The patient scenarios were well thought out and intricate in detail. This experience really made me feel more prepared to go into a clinical setting in the next few weeks.

I played the patient in the mania simulation. I do not have personal experience with mania or any family members that have experienced this, so it was really an interesting role for me to play. I think the primary and secondary nurses did fantastic by tag-teaming the patient and the family member in the room. Marianne, at one point, even went so far as to sit and color with me while I was acting as the manic patient. The nurses provided such great care and proceeded with awareness and amazing therapeutic communication with me, the patient, and the family.

This week did somewhat change the way I think of mental health. I personally struggle with anxiety so seeing that scenario play out was interesting. Being able to work as the primary nurse really gave me an idea, from a professional standpoint, of how much of a difference we make in our patients lives. I will definitely be able to use knowledge from this experience in the clinical setting, as well as, when I work as a nurse. As we all know, everyone is technically a psychiatric patient. Being able to practice therapeutic communication and different coping techniques with different types of patients was definitely helpful for future encounters.