

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.
- How did it go compared to what you expected it to be like?
- What went well?
- What could have gone better?
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
- Did this week change the way you think about mental health? If so, how?
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

Before we started simulation, I was feeling very nervous and not confident about caring for patients with different psychiatric disorders. I felt that I was not going to be able to communicate with the patient effectively or de-escalate the different situations. I was also a bit nervous to go to a new simulation lab and was worried about the other students from other schools looking at us oddly. After we arrived at our debrief room, I felt more relaxed and calmer. I liked how casual the pre-briefing was. I enjoyed getting to listen to different stories and scenarios with patients that Dr. Harrison has encountered. After talking through the different scenarios, I felt that I was prepared to take care of any of the different patients. I feel like overall the entire simulation exceeded my expectations of what I thought it would be like. All of the scenarios went well. I feel like if I had encountered a patient going through alcohol withdrawal, my scenario could have gone better. I wish I had prioritized giving my patient the right form of nicotine. Choosing a nicotine inhaler would have been a better option to curb my patient's acute craving for nicotine considering that he could not smoke. I also wish that I would have recognized that I should have asked the Dr. for something other than Tylenol for pain to prevent further liver damage in my patient. However, because of these mistakes, I feel like I am better prepared to take care of a patient who is going through alcohol withdrawal. This week changed the way I view mental health by placing me into the shoes of patients who experience different types of mental illnesses. I feel like I have a better outlook on how to be empathetic and how to effectively communicate with my patients. I will use all the knowledge I learned from simulation as a nurse and in my personal life when communicating with my patients and my peers. I have already attempted to be more therapeutic in my communication with others especially when someone is venting to me. Overall, simulation was a great learning experience.