

PMH Simulation Reflection

Going in to SIM I was very nervous because I feel when it comes to psych patients it is my weakest point of care. My nerves were coming from not knowing what to expect and afraid I wouldn't be able to care for the patient that I was assigned to properly. But SIM showed me that I can care for a psych patient better than I expected. I learned ways to de-escalate an outburst, ways to help patient cope with their situation, and how to apply therapeutic communication appropriately. Overall, SIM was a perfect way to introduce to what expect in real life situations in clinical.

SIM went a lot better than expected. I feel as SIM is best to do first before going to meet/care for a psych patient. Like I said before, it prepares us and educates us how to care for these patients. Truthfully, If I didn't have SIM prior to going to clinical and caring for a psych patient I wouldn't be beneficial for the patient. I wouldn't know how to handle and help the them.

What went well was the the whole experience. During each scenario I felt I learned a lot about what each mental illness patient goes through. I gained empathy for them and feel it isn't fair for them. Now I can advocate for these patients against bias doctors, nurses, or any health care worker, so these patients can't be a victim of negligence.

I feel as nothing could be improved or better. SIM was great! I learned a lot with Dr. Harrison. Even the stories that were told by her past experience was educational.

Whenever playing the role of a schizophrenia patient I felt sadness. I felt sad because these patients try to live their life as normal as they can, but doesn't matter what they do it is something they will forever deal with. Makes me sad how others don't understand what they deal with on a daily bases and are quick to judge and label them as crazy. While watching the video of the individual that has schizophrenia and him saying that before treatment he would see people that aren't real and knew they weren't real because they didn't have face. Now while on medication he still sees people, but can't tell if they're real or not because they have a face now makes me frustrated for him. To me sounds like he'd be better off not taking the medication so he can tell what is real and not.

Yes, this week has changed my perceptive about mental illness. I understand better about the conditions and understand that if a patient is acting out and being difficult that they can't help it.

Now when I'm caring for a patient with mental illness ill be able to provide efficient care. I can help them come down from an episode, talk to them therapeutically, help the nurses de-escalate a situation to avoid the patient getting restrained, secluded, or heavily medicated. Now I can be the safe person they can always go to.