

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.
 - My feelings towards my participation improved on the second day. I felt a little timid and nervous the first day due to the fact that we have not have lecture over the majority of diagnosis' we were simulating. I was worried I would not know how to properly and effectively provide nursing care or simulate other positions to the best of my abilities due to my learning gap not being filled in. However, I do feel like I participated and provided care to the best of my abilities with the knowledge I did have.
- How did it go compared to what you expected it to be like?
 - It went a lot better than what I had expected. I was expecting the patient scenarios to be chaotic due to the prior bias and misinterpretation of how people with these various diagnoses act.
- What went well?
 - What went well was how I was able to remain calm, ask questions to the patient about the symptoms they were having, and how I was able to provide safe and appropriate care to the patient I was assigned. What also went well was the teamwork and communication myself and my SIM group provided to each other throughout each scenario. Without the proper teamwork and communication from each of us, the care provided to each patient would not have been as therapeutic and successful.
- What could have gone better?
 - What could have gone better was having a better knowledge and understanding of each of these diagnoses and how to provide the best therapeutic communication to these patients. I found myself struggling on how to reply and not be awkward to my patient as well as others based on certain statements or actions the patient would make.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - Reflecting back on the scenario with my patient, the experience affected me in a positive and humbling way. It was highly beneficial to be able to practice a PTSD patient scenario in order to have a better understanding of how they can possibly reaction, and also make me more self-aware on how I approach, talk, and provide care to patient with this diagnosis in a therapeutic and sensitive way so they feel safe and heard.

- Did this week change the way you think about mental health? If so, how?
 - Yes, it changed the way I think about mental health in a positive way. Prior to simulation, I had some bias and a misunderstanding of these diagnoses and how they present based off prior statements from people in the general population and healthcare professionals. I have heard statements such as “They’re crazy”, “They just need attention”, and also some of these diagnoses being used in a joking manner. This helped me step back, check and alter my biases and false misconceptions, and be able to see this person for more than a diagnosis and have empathy towards these populations.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - Having the knowledge and practice I do now, this practice will help me to have a better knowledge and understanding of how these patients can present, as well as how to accurately respond and provide safe/effective care in a therapeutic way.