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.
  - I was a little nervous about sim lab this week because I feel like I am not good in uncomfortable situations, and this was going to be a big learning experience for me. I think the scenarios were great at giving you different types of patients and what perspective you need to have to understand what they're going through.
- How did it go compared to what you expected it to be like?
  - It went better than I thought it would, I really did expect to freeze up and not know how to respond to my patients and although I forgot to use the "I see you... you seem" statements almost every time (even though they were written on the wall) I feel like I navigated those situations better than I expected myself to.
- What went well?
  - I think the nursing duties aside from therapeutic communication were fairly straightforward on what needed to be done and although I could have scripted myself a little bit better as far as communication goes, I still think I did well communicating and de-escalating the patients.
- What could have gone better?
  - I could have used my scripting for communication and used better alternative non-pharmacological interventions for my patients.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
  - I was a BPD patient with a suicide attempt. That patient was hard to put myself into because she had such a big personality with big emotions and I've never been suicidal or attempted but I know people that have and it was odd to see the world through their perspective and how bad things must be to be in that fragile of a state.
- Did this week change the way you think about mental health? If so, how?
  - Yes it did. I think that although mental health is more talked about and treated I am still unfamiliar with how to interact with and communicate with patients that have mental health disorders and I know that I need to work on it and be less afraid to take care of these patients.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
  - I think it gave me a new appreciation for what people go through and live with without showing it. You hear about these disorders but until you really learn about them you don't realize how exhausting and constantly traumatic it is.