

Allie Meade

PMH Simulation Reflection

- Describe your feelings about your participation in the simulations this week.
 - I felt my participation in simulation this week was beneficial for my learning. I really enjoyed all the different roles I was able to partake in. Overall, the different roles allowed me to gain a better sense on how to take care of these psychiatric patients.
- How did it go compared to what you expected it to be like?
 - The scenarios were more challenging than what I had anticipated. Having my classmates as patients was more challenging than having mannequins as patients. Overall, it was harder to therapeutically communicate to these patients and reorient them. I thought the scenarios really allowed us to think outside the box and work around what our patients were experiencing.
- What went well?
 - I think I did a good job of communicating an effective SBAR to the doctor and then getting a few extra medications prescribed to help my patient. I also, thought I was successful in my medication administration and medication teachings.
- What could have gone better?
 - I could've done a better job by using the therapeutic phrases we discussed such as: I see you, you seem, and tell me. I also, felt like I could've done a better job by discussing different types of therapy that would've been beneficial to my patient.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - As being a patient in two of the scenarios this week in simulation it gave me a better perspective on how to treat these patients. If I were in their shoes there would be certain ways in which I would and would not want to be treated. It felt good when the nurses listened to what I had to say. However, had the nurses been dismissive to what I was saying this could've caused me as the patient to shut down and want to leave.
- Did this week change the way you think about mental health? If so, how?
 - Yes, this changed the way I think of mental health. I received a better understanding of some of the disorders we went over. I also, learned what works well for some patients may not work well for the next. Overall, I now see why these patients are so over looked at the hospital and at times do not receive the care that they need. From this experience I now have a better understanding of these patients and how I can get them the help that they need.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - The knowledge I gained from this experience will help me to be a better nurse in the future. I now know how to reorient these patients, how to therapeutically communicate with them, how distract/ offer things for them to do, and how to better listen to what these patients are saying. Overall, I believe it takes the time to ask the appropriate questions and then listen to what they have to say. I will view each patient as a whole person and rather than solely focusing on the physical illness.