

Lupe Trevino

PMH Simulation Reflection

I had a great experience at the simulation center this week. I was a little nervous at the beginning of my first day. I enjoy the activities because I learn from them, but my nerves get the best of me. On my first day I volunteered to participate as the alcohol withdrawal patient and the observer. I needed to be more irritable, but the alcohol withdrawal patients I have taken care of at the hospital have been calm. I have not had an opportunity to see someone going through the withdrawal process. I believe I could have acted out more, so I could give more opportunities to the nurses to intervene in my care. Being the patient helped me understand how the patients get assessed, and how the nurses help with calming the patient down through their difficult time. On my second day I was the primary nurse and secondary nurse. I enjoyed both roles because one was PTSD and the other was border personality disorder. This allowed me to be able to use different therapeutic communication towards the patients. Therapeutic communication is an area that I need improvement in. Pre-briefing and debriefing really helped me listen to all options there are to help the patients. Both my days went well because I learned how therapeutic communication helps calm the patient. Therapeutic communication is a difficult skill for me to conquer because I feel like I would say the wrong response to the patient's concern. This week helped change my perspective on mental health in the sense of being more empathic and patient with mental health patients. Each patient had their own concerns and fears, and knowing how to properly communicate will alleviate some of their anxiety and earn their trust. I will use this knowledge to better interact with my future patients with these disorders and be able to communicate therapeutically to help them and their families.

