

PMH Simulation Reflection Answers

1. I feel like I learned a lot this week in the psychiatric simulation at Texas Tech University. I couldn't have asked for a better group of peers and a great teacher. I feel like I walked out of Sim today feeling confident in the nurse I'm becoming and felt like I am learning everyday as an individual as well.
2. I think I expected this simulation to be strict and I was scared to make a mistake or say the wrong thing. I feel like this was a safe environment to practice my therapeutic communication and I will forever carry this on to wherever my career path takes me. These are lifelong skills that aren't taught anywhere else.
3. Everything went so well and smooth. I think our group understood the assignment and we all worked well together. We provided each other with positive feedback and gave each other pointers on things that needed to be addressed or maybe a better way to say something. We were all open to learn ways on handling the different cases.
4. I think the only thing that went wrong would be the equipment in the room. Whenever we were trying to scan the patient's armband and the medication, we were unable to but it's okay because we verbalized, and all understood up until now what we were supposed to do.
5. During the scenario, I played a patient who was diagnosed with bipolar mania. In this role I feel like I tried to consume the character and when I started pacing, I started to feel myself getting nervous and it kind of scared me a little bit. This was a good experience to have because I was able to put myself in the patient's shoes and see how frightening it can really be.
6. This week has transformed the way I think about mental health. I used to be scared and approach psychiatric patients with caution and I categorized them before even talking to them. I didn't understand the pathophysiology of the different diagnosis but now that I understand I feel like I can approach mental health patients in a different perspective.
7. Overall, the therapeutic communication we learned this week will follow me throughout my nursing career whether it is a patient who has a psychiatric disorder or not. I have learned so much and I can't wait to take care of all kinds of patients and bring my knowledge to others whether it be in the healthcare field or not. Thank you for helping me build on current knowledge and helping me grow as a person.