

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.
- How did it go compared to what you expected it to be like?
- What went well?
- What could have gone better?
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
- Did this week change the way you think about mental health? If so, how?
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

My feelings about participation in simulation this week were very anxious. We had not had any of the psych lectures yet and I was nervous to be an actor in the scenarios. I was also unsure what the weather would be like and if they were going to delay or cancel school, so I woke up frequently to check the weather alerts.

In comparison to how I expected the simulation to go, it was very similar. I was expecting it to go well and the instructor to be understanding of the mistakes we would inevitably make. I expected it to be very busy compared to what our simulation center is like, but there were hardly any people there on our second day.

My scenario went well, and I was able to provide the appropriate care to my patient. The actress did a great job portraying a person who was withdrawing from alcohol. My secondary nurse was very helpful as well.

I could have done a better job portraying the schizophrenia patient. I needed to get out of my comfort zone and yell like the script demanded.

When I was in the role of a patient's family member, I realized how difficult that position would be in real life. I believe that it takes a strong person and a large amount of love to be able to help the people you care about when they are being very rude to you.

This week changed the way I feel about mental health because it has made me more empathetic to psyche patients. I work in the ER and see some come in regularly, and now I know what types of things they could be experiencing.

I will use the knowledge I gained from this experience by assessing mental health along with the other physical assessments with all my future patients. It also gave me some great tools that I may one day need in my personal life.