

## PMH Simulation Reflection

### Meredith Huber

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 felt good about my participation because I was able to connect the disorders with the assessment scales and see how it all comes together. I learned a lot especially not having had any lectures on psychiatric mental health.

- How did it go compared to what you expected it to be like?

I really didn't know what to expect and it was beneficial. It was nice to have so many scenarios and cover various disorders since they are so different. I thought it was going to be annoying not knowing which scenarios I was going to be in thus not having prepared for a specific scenario, but it really didn't matter much.

- What went well?

I was able to see how the assessment scales and informed consent for psychoactive medications would be used in real life situations as well as try to have therapeutic communication. Obviously, it is all a work in progress, but it was helpful to place them in context. Calling the doctor using SBAR went well.

- What could have gone better?

I forgot to ask for name, date of birth and allergies when I was the primary nurse. This is partly because I was more concerned with the nicotine inhaler since I haven't given explanations about it before and I was thinking more about therapeutic communication. I can become more comfortable just talking to patients and asking them questions.

- 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 the patient with anxiety. It was intriguing because you can understand how if the nurse doesn't see the physical signs, she may not have any idea that the patient is anxious unless the patient tells her. In this way, nurses have to keep in mind that the patient could be anxious just because they're in the hospital, and even more so if they have a stressful or more complicated diagnosis. It made me realize how caring I would want nurses taking care of me to be.

- Did this week change the way you think about mental health? If so, how?

I don't think it changed the way I think about it, but it gave me more information to back up what I already think. I know mental health matters and we should be understanding and kind,

but knowing more about a mental disorder humanizes the people who have them, because you can understand that this may not be them wanting to act this way. It further proves my thoughts that people have more going on that we can't see.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?

I will always try to be understanding and not judgmental of patients. This really demonstrated how impactful we can be on someone's experience, especially when they're having a particularly hard time.