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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.
-As we all know the purpose of a reflection is to look back at a situation and evaluate what we could have done differently, recognize our skills, as well as note where our improvement lies. My feelings towards my participation in simulation this week are what I would describe as “meh.” (My performance, not the simulation itself!) I do think I did okay in some aspects, but overall I think I have much room for improvement when focusing on the mental health/psych patient.
- How did it go compared to what you expected it to be like?
-Oh the old “expectation versus reality.” It definitely didn’t go as smoothly as I had expected or had hoped!
- What went well?
-I do think my intentions were good, I wanted to get into my scenario to first and foremost address my patients anxiety. I knew that I wanted to address my patients emotional wellbeing, that was a priority.
- What could have gone better?
-I think the part that could have gone better was the “letting my humanity hang out.” Although I showed empathy, I think my “human-ness” was put on the back burner as I went to do my anxiety evaluation. I became too focused on making sure I checked every box as to what a nurse “should do” in every situation (hello perfectionism), that I became too caught up and may have missed the most important factors; which is making the patient feel seen and heard. (ESPECIALLY to make them feel as if they aren’t speaking to a robot reading from a script.)
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
-Playing the role of a patient that is withdrawing from alcohol hit very close to home, as my father was an alcoholic. He never sought out treatment for it, as he didn’t believe (nor ever would admit) that he had a problem. Role playing a patient going through alcohol withdrawal really puts into perspective just how much an addiction like that can have a hold on someone’s life.
- Did this week change the way you think about mental health? If so, how?
-Yes, this simulation experience definitely opened my eyes more to the possible biases that we as nurses can unintentionally have towards patients in need of mental health care. It can be so easy to get “rough and calloused” towards patients, as we have all seen and heard in clinicals. But this week in SIM really shed light on how easily that can happen in a mental health care setting. We can get stressed and overwhelmed by how

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our patients are acting towards us, but we must remember that we have to do everything in our power to help them get better.

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

-I want to take this experience with me moving forward to remember that no matter how frustrated we may become, we always must do our best for our patients. We have to be the beacon of light in a time when their world is dark.

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