

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?

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This week I attended the psychiatric and mental health simulation. During this clinical rotation, we practiced taking care of various mental health disorders by learning about the pathophysiology, symptoms, and treatment plans for the disorders. I really enjoyed this simulation and feel that I learned a lot from Dr. Harrison in regards to the different types of mental health disorders and how to properly communicate and care for these patients. Considering we have not learned about psychiatric and mental health from lectures yet, I think our group did really well in the scenarios.

In the scenario that I was the primary nurse, I took care of a patient experiencing a manic episode. This was difficult for me because I was not familiar with the disorder and did not know how to effectively use therapeutic communication with this patient. I was attempting to use a mania scale to assess the patient while in the room. This was difficult because the patient was extremely agitated and concerned with her status. Therefore, I also became anxious and frustrated with the situation as I was trying to assess the scale and provide therapeutic communication for her and her family member at the same time. In hindsight, I would have assessed and talked to the patient, determined her immediate needs, used therapeutic communication, then completed the mania scale afterwards, outside of the room. However, I think I was able to do what I needed to do for my patient. I was able to identify the problem at hand which was her manic episode and anxiety, establish trust with her, and provide two medications to provide some relief.

I was the role of the patient for the PTSD scenario. Playing this role gave me an insight to what patients experience in a clinical and hospital setting with PTSD and anxiety. A lot of things in the care setting are unfamiliar and can be frightening. After experiencing these scenarios, I think all of the students have gained empathy and respect for patients experiencing psychiatric and mental health disorders. This is important because although we may not specialize in psychiatric nursing, most of our patients will be dealing with some kind of acute or chronic

mental issue that we should be able to recognize, understand, and help provide comfort and relief for.

This week allowed me to get an insight and preview into what our psych and mental health lectures will include. It also helped me understand what some of the most common mental disorders are for patients and how we can communicate with them in order to care for them properly.