

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.

I feel good about my participation in sim this week, I was glad I did two scenarios while I was there. Although I wish I was better prepared and more in the moment during the simulation and beforehand, like my badge. I liked being able to discuss and hear feedback on what and how I could do better.

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

It went well, a lot faster than I expected but the acting out the scenarios was really fun to see and play out in. Deescalating situations is a key component in psych and this really helped me gain perspective and insight on helpful tools to apply during these situations. Especially the anxiety patient since I heavily relate to her.

- What went well?

I believe I did good on talking with the patient and having them get a choice on doing something to help them like a coloring book, etc. I also liked playing the patient although felt really bad after for being mean.

- What could have gone better?

I could have been more present and prepared before sim which would have helped my anxiety, not make it worse. But I also think while in the patient's room I could have communicated to them better using the therapeutic guide and the I see you, You seem, Tell me method especially.

- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?

The role of the patient was introspective and made me feel really bad to my nurses even though it was a simulation I can understand how hard some days will be with these patients but now know the importance of remembering what they are going through and how they must be feeling. This will guide me and help me learn how to better handle these moments.

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

Yes, it made me reflect on how I need to react during these situations because I do remember some patients who I have already encountered either through school or at work and how the nurses handled and how I should've handled it as well. I also see the lack of resources and dare I say support, of the mental health community and how easily these individuals are misplaced or shunned or made to seem "crazy".

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

I will use this knowledge in my nursing career when dealing with individuals going through a mental health crisis and to have some patience with them. I want to be better at deescalating these situations and to better handle my emotions through this as well. I do not want to be that nurse who immediately gives medicine to a patient to make life easier.