

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.

1. Describe your feelings about your participation in the simulations this week.

This week in SIM lab has been very insightful and a great learning experience. We have never had a psych rotation so I feel that this has prepared me for clinicals the next two weeks. I am anxious to see how I will be able to compare real patients to our scenarios in SIM.

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

I was nervous going into this simulation. I think I felt this way because I was in a new atmosphere and in a new element of nursing. My experience was better than expected because I learned so much from Dr. Harrison and the simulations she has put together for us. Getting 5 different disorders was very helpful.

3. What went well?

Going in to my scenario I had a plan of what I wanted to do and I felt that I was able to do that for the most part. The assessment tools are something I need to work on, but I felt that my therapeutic communication skills went well. I felt that I was able to address the main issue and get orders from the doctor for a medication for my patient.

4. What could have gone better?

During my scenario, I think I could have used the assessment tool a little better. I didn't get through the whole tool and I think that is something that will come with practice. I struggled getting all the information because I didn't want to ask all the questions and make the patient feel uncomfortable in any way.

5. 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 in the Schizophrenia scenario. This scenario was a good insight for patients struggling with this disorder. I have not been around people with this disorder so I was eager to learn about this and what they go through every day of their lives. I definitely got a better understanding of the disorder and how to better care for those patients.

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

This week in SIM changed the way I think about mental health in a positive way. Since I have not been around people with mental disorders, I have enjoyed learning how to take care of these people and what kind of therapeutic communication is beneficial. Learning that no two patients with the same disorder is somewhat a relief because plan of care is going to be different for every single person.

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

I will use this knowledge to know how to communicate with patients and how to deal with them if they get anxious. It was insightful to learn about each scenario and what patients in real life deal with every day. We are the people in their lives that can make a positive change for them and their future.