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.
  Simulation was very interesting this week and definitely a different experience compared to the other simulations I have done in past modules. I felt like I was able to freely ask questions and have them answered without judgement, and overall it was a very good learning experience actually using the therapeutic communication techniques we have learned in class.

- How did it go compared to what you expected it to be like?
  I was really nervous going into the simulation just because I really didn't know what to expect in a psychiatric SIM setting. I had a lot of fun overall and I learned a lot about the psychiatric side of nursing since I have never seen anything really related to psych in my previous clinical experiences.

- What went well?
  Teamwork and collaboration went well. There was no judgement even when we didn't do our best nursing care because of nerves or personal relations to the psychiatric disorder. I also feel like our debriefs were really good in terms of really being able to look in depth at the things we did right and wrong.

- What could have gone better?
  Personally, I was really nervous about my own scenario just because I did not feel confident about my therapeutic communication. This caused me to freeze a lot during my simulation just because I was terrified of saying the wrong thing to the patient and offending them.

- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
  Acting as Jessi in her scenario was really eye opening for me. It really helped put a name to this person who I've only come to know on paper. I had to think about the things that led up to her being in the psychiatric hospital and bring those to life. I had to think about how she probably joined the military to serve her country and ended up getting sexually assaulted. She feared getting reprimanded so she didn't tell anyone. She went to war and saw horrible things. Then came back and didn't get very much support from her family. It was eye opening how these patients need just as much if not more care from nurses as our mentally healthy patients.

- Did this week change the way you think about mental health? If so, how?
  This week highlighted how important mental health truly is. It is easy to just say mental health is important, but when you take a deeper look at mental health alone you can see just how much it really affects the overall health of the patient.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?
  Keep in mind always the mental health of the patient, even if they are hospitalized for something that is not related to mental health. In long term hospital stays, patients may start to develop some type of depression or anxiety, and we want to make sure we are caring for them to the best of our ability to make sure that they know they are safe and cared for in the hospital.