

PMH Simulation Reflection

- Describe your feelings about your participation in the simulations this week.
 - Initially, if I'm being honest, I was scared about going to this PMH simulation. I was nervous about the parking and getting hit by a car and not being able to perform the simulation to the standards of everyone else. Then as the sim went on I realized that I could maybe do what was asked of me. By the end, I truly enjoyed simulation this week. It was amazing to see the TTUHSC sim center and all the cool technology that they have.
- How did it go compared to what you expected it to be like?
 - It went way better than I was expecting. As nursing school has gone on for me, I keep having clinical experiences that are not the best. It's never with simulation but with the nursing staff on whichever floor I am placed on. After a while that starts to impact how you feel about clinicals. That being said, it is always nice to have such an awesome and educational clinical.
- What went well?
 - I felt as my simulation situation went really well. It took me a minute to narrow down therapeutic communication but after practicing it in simulation I am feeling much more comfortable.
- What could have gone better?
 - I think my attitude toward sim could have been better. I need to realize that just because I have had experiences in the hospital that are not ideal, that doesn't mean that every clinical experience I have will be bad.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - Being in the role of the patient was a very close experience for me. I was the patient that had an acute anxiety episode and I have had many of those. I felt not necessarily triggered but almost comfortable and was able to relate to the patient very well. I also felt comfort when the nursing student was caring for me because it almost felt like a flash back and I felt like I was in good hands.
- Did this week change the way you think about mental health? If so, how?
 - Oh, absolutely. Dr. Harrison showed us many videos of patients who are impacted by a mental disorder and it really opened my eyes to what it is actually like. If you are never surrounded by someone who, let's say, has schizophrenia, then you assume they are just the negative stigmas surrounding the disease. You have to be the one to educate yourself that they are not.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - I will use this knowledge to change the way I communicate with my patients in the future. I never thought about questions like "why" questions being

accusatory. Now, I can understand and see how that makes sense so it will change the way I communicate and care for my patients.