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PMH Simulation Reflection

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

This simulation was very enlightening, and I enjoyed it very much. Our instructor did a very good job with making it feel like a safe space, even if mistakes were made. I learned a lot from each scenario. Each scenario was an opportunity to learn how to communicate with each patient with mental illness.

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

The simulation was way better than what I expected. I was nervous coming in because I'm not comfortable with the assessments and therapeutic communication. However, it was very helpful with my learning.

What went well?

I really enjoy working with everyone in our group. We all work well together and have each other's back during these simulation scenarios. I think, working together as a group to learn from one another went well.

What could have gone better?

For me personally I tend to get nervous during these simulation scenarios and my mind runs a thousand miles an hour. I tend to forget certain things and get flustered so that is something I'm working on but I'm not sure it will ever go away if I'm being honest.

Reflect on the scenario in which you were in the role of the patient or family member.

I was the patient during the alcoholism scenario. It made me put myself in someone else's shoes and have empathy for those with addictions and in different situations.

How did that experience affect you?

I had several family members that have dealt with alcoholism and it made me understand them much more. Understand that it is an illness that people need help with and not something that can be handled alone.

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

Yes, it changed my perception. I've learned that there are many types of mental illnesses that affect people in so many ways. These people deserve help and medical attention just like anyone else and should be treated with compassion and empathy.

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

This experience helped me understand how to use therapeutic communication with patients and look for cues of anxiety.