

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 had a good experience in the simulations this week. I was nervous before it because I didn't know what to expect. Once I saw the first simulation, I was able to relax a little and learn from the simulations. Once I did my simulation as the nurse and heard the feedback, I felt a little bit more confident in knowing what to do with a patient in alcohol withdrawal.

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

It went well compared to what I expected it to be like. I didn't really have strong expectations, so I was open to whatever it was like.

- What went well?

All of the simulations went well. I knew how to do the CIWA score and what to teach about lorazepam. I knew how to do therapeutic communication with my patient and some techniques to calm them down.

- What could have gone better?

I could have taken action, called the doctor and gotten a nicotine patch for my patient instead of just telling her that this medication would help. I probably could have done more therapeutic communication with my patient.

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

It was interesting to be the patient and think about it from their perspective, like if what my nurse is doing would be helpful or what would calm me down. It helped to solidify the symptoms that someone with an anxiety disorder may have.

- How did that experience affect you?

Being the patient made me think about how scary it can be for anybody who has to be in the hospital or anybody who is experiencing issues with their mental health.

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

It did change the way I thought about mental health. It solidified for me that people with mental health issues are just people like the rest of us, and they deserve care, love and compassion. It also made me realize that it could be any of us with mental health issues.

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

Catherine Huber

I will use the knowledge gained from this experience to be more kind, understanding and empathetic with my patients and to also consider their mental and emotional health while I am treating them.

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