

--	--	--

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.
- How did it go compared to what you expected it to be like?
- What went well?
- What could have gone better?
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
- Did this week change the way you think about mental health? If so, how?
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

--	--	--

This week during the simulation I felt like I learned a lot about what the manifestations of each psychiatric disorder and what our priority of care is. I honestly did not expect any less from the experience and was very happy with the simulation and learning that occurred. I feel like the pre brief was very beneficial to my learning and it helped set the stage for what to expect. This contributed to the feeling of a safe learning environment in my opinion. Everything that occurred at Sim felt well thought out and I feel like even with the unpredictability of having a classmate be our patient, we were able to learn and adapt quickly in the scenario. I feel like every scenario helped prepare us for the potential patients we will see in the future and that everything went rather well. In the schizophrenic scenario I was the patient. I was very committed to providing an experience that would most benefit my classmate. Being the patient in this scenario gave me the opportunity to see how hallucinations and anxiety can affect the patient as a whole. In the scenario I was supposed to be having a hallucination of a demon that had taken my child. With being the patient in this scenario I got a new found empathy for these patients that cannot focus on what we as nurses are trying to do to help them but instead are so concerned with what is going on inside their head. As a nurse we are taught to be quick and efficient with our care so dealing with a patient that may be experiencing this can be challenging but it is important for us to take the time to understand what these patients are going through and help to the best of our ability. I have always had empathy for those with mental health struggles but doing this simulation re-solidified my reasoning for being so empathetic to these patients because they truly cannot help it. I will use this to help me ground myself in stressful situations using the "I see, you seem and tell me" method. I feel more prepared to handle these situations in the future as I have been exposed to these patients and will use what I learned about these mental health issues to remind myself what will work best for these patients.

Revised 7/2023		
----------------	--	--