

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 spent a lot of time to make brochure for the presentation this week. I looked into different research article to support and address each point. During the simulations, I think is pretty helpful because the lecture this week is just what we do in the sim lab. Make me understand better how do apply the intervention and different assessment on different type of patient.
- **How did it go compared to what you expected it to be like?**
-I was expecting we are going to a high-tech lab and using all the advance equipment to create scenario that's why we go all the way to the Texas tech Med center. It turns out we still doing similar things and take turn to do role play.
- **What went well?**
- Each of us all try different role as Nurse, second Nurse, patient and observer. So we can see things from different perspective.
- **What could have gone better?**
- It still a little awkward to me when the patient is acting out and we are trying to do assessment chart.
- **Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?**
-I was playing a borderline personality patient who had self-harm/wrist cutting behavior after a breakup. In this scenario the patient will have extreme emotional response and feeling. Only extremely good or bad there is no gray zone for them.
- **Did this week change the way you think about mental health? If so, how?**
-Yes. I think in this week's scenario I learn that a lot of mental health patient is not as cooperative as other type of patient. They are more defensive and sometime is even hard to complete an assessment chart when they are in crisis. It shows the importance of therapeutic communication skills.
- **How will you use the knowledge gained from this experience in your practice as a registered nurse?**
- I think one of the most important skill I learned from my practice is therapeutic communication. A lot of mental health patient is going through depression, anxiety, hallucination or manic episode. Therapeutic communication can help them lower their guard and de-escalate the situation. It also let them have an outlet to express their feeling that healthy people are hard to understand. Once we build the trusting relationship we can provide the best care and most accurate progression.