

PMH SIM Reflection

This week's sim lab was a great experience and felt really good getting to play all roles. I got to be a primary nurse for a patient who was having severe anxiety. During that simulation I felt like I was prepared and handled all situations appropriately, I think I did a good job at getting my task done as a primary nurse for the patient.

This sim was different from all the other modules which was a nice change. I think this week's sim was a great experience for me, I had more confidence during this week which has not been there in the past. Having a change of scenery is great after 5 previous modules have been in the same space.

I honestly think all scenarios went well, they were put together good, instructions were clear and understandable. There were no problems and I don't feel like anything could have gone better. Everyone did a great job at executing their role and made the scenarios believable.

During this week's sim I was also able to roleplay a patient with schizophrenia. Reading the script I was nervous to see how well I could portray this patient I was given. When we started the scenario I was pretending to hear voices and went with it the whole time my nurses were in there caring for me. Being able to use my imagination gave me a small glimpse of what these patients actually go through. For these patients it's not pretend and must be very hard on them and the life they want to live. I give these patients praise for living through their mental health disorder and doing their absolute best managing it the best they could, just like the tiktok video shown before this scenario took place. I could not imagine what these people go through daily.

These scenarios did their best to give us as students the opportunity to care for patients with all sorts of mental health disorders. I think the whole clinical and sim experience for psych

was very helpful and gave great insight to what it's really like for the patients, their families, and the nurses who care for them. This experience will help me in my future nursing career because I learned so much about therapeutic communication, how to de-escalate to the best of my ability, and overall just care for these patients who are struggling mentally.