

PMH Simulation Reflection — Ariella Torres

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.
 - During SIM this week, I found myself filled with nerves as I prepared for a simulation involving the care of psychiatric patients. The prospect of caring for individuals with complex mental health needs stirred a sense of apprehension within me, as I worried whether I could effectively meet their unique care requirements. Despite my concerns, I recognize the importance of confronting these challenges head-on, embracing the opportunity to expand my knowledge and skills in this critical area of nursing practice. By acknowledging my apprehensions and actively seeking to address them through education and experience, I am committed to overcoming my fears and providing the best possible care to patients with psychiatric conditions.
- How did it go compared to what you expected it to be like?
 - Despite my initial nervousness, the simulation went better than I expected. While there were moments of uncertainty and discomfort, I was able to navigate the challenges and provide effective care to the patients. At one point, I did feel myself starting to freeze up, overwhelmed by the situation. However, I took a deep breath, gathered my thoughts, and reminded myself of the knowledge and skills I had acquired. With renewed determination, I approached the situation methodically, drawing upon my training and seeking guidance from my instructors when needed. In the end, I emerged from the simulation with a greater sense of confidence in my ability to care for psychiatric patients and a deeper understanding of the importance of remaining composed under pressure.
- What went well?
 - What went well during the simulation was that I was able to successfully complete the scenario and work effectively with my partner. Despite my initial nerves, I managed to stay focused and communicate collaboratively with my secondary nurse to ensure the best possible care for the patients. We were able to assess the situation, implement appropriate interventions, and adapt our approach as needed, ultimately achieving a positive outcome.
- What could have gone better?
 - However, what could have gone better is if I had more confidence in myself from the start. While I ultimately regathered myself during the simulation, there were moments where my lack of confidence may have hindered my performance. If I had approached the scenario with greater self-assurance and trust in my abilities, I might have been able to navigate the challenges more smoothly and with less stress. Moving forward, I recognize the importance of cultivating confidence in my skills and knowledge as a nurse, allowing me to approach future situations with greater poise and effectiveness.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - Being in the role of the patient or family member during the simulation was an insightful experience that had a profound effect on me. As I assumed the perspective of the patient or family member, during the anxiety scenario, I gained a deeper understanding of the vulnerability and anxiety that can accompany being on the receiving end of healthcare. It made

me more empathetic to the needs and concerns of patients and their families, recognizing the importance of clear communication, compassion, and support in alleviating their fears and promoting a sense of trust and comfort. I have been diagnosed myself with anxiety, so assuming the position of the patient was almost therapeutic to me because i was able to express feelings freely without hiding them

- Did this week change the way you think about mental health? If so, how?
 - Yes, this week has definitely changed the way I think about mental health. As someone who personally struggles with anxiety and depression, participating in the simulation and learning more about caring for psychiatric patients has deepened my empathy and compassion for individuals facing mental health challenges. It has reinforced the understanding that mental health issues are just as valid and deserving of attention and care as physical health concerns. Witnessing the complexities of mental health care firsthand has ignited a desire within me to advocate for greater awareness, support, and resources for those struggling with mental illness. I am committed to playing a role in breaking down the stigma surrounding mental health and ensuring that individuals receive the compassionate care and support they deserve.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - In my nursing practice, I'll apply the insights gained to prioritize mental health care. This means actively listening to patients struggling with mental health issues, providing empathetic support, and advocating for the integration of mental health resources into healthcare settings. By recognizing the importance of mental well-being alongside physical health, I aim to create a nurturing environment where patients feel heard, understood, and supported on their journey towards wellness.