

PMH Simulation Reflection  
Shelby Alexander

I felt pretty good about my participation in simulation this week. I enjoyed the group I was with and the ability to have some actual interactions with people instead of mannequins. It was enlightening to be able to play a part as a patient; kind of see things from their point of view. I got a better understanding on what their feelings are. I was a little nervous going in but overall, I wasn't too overwhelmed. It was great having a secondary nurse there to work with. It was similar to what I was expecting but a little different. I was hoping to go into my patient's room and do all my things in an orderly fashion like I'm used to but out the gate it was kind of wild when we went in there. Had to do lots of different things at different times. Looking back, what went well was that our patient did take the medication needed and did calm down for us. No one got hurt and no one freaked out either. I think I could have done a better job with therapeutic communication; when I get nervous, I tend to not talk as much and become super awkward. Sometimes I just didn't answer their questions or just stared at them, so I need to work on that. My role as a patient affected me in that I gained some more insight into why people act the way they act. My dude just really wanted a smoke, so he was mad at everyone because of that. Once the nurses fixed that problem everything was a little easier; it's the little things that we can do that can change things for patients. This week did change the way I think about mental health. It made me think about my own biases I have against certain people. It reminded me that in the end we all are facing the same thing in different ways; we all face fear, anger, sadness, etc. I will use this knowledge to hopefully interact with my patients in a better way and help them help themselves. Overall, Sim was a good experience, and I learned a lot about what I need to work on as I continue in school.