

Elizabeth Atore

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.

Initially I was a little nervous, especially before the presentation because I did not know what to expect. After the first presentation I started feeling calm and relaxed, especially after learning the therapeutic ways of communicating with the patient and that the patient is just like any other patient and the goal is to make him/her feel better.

- How did it go compared to what you expected it to be like?

It was a fun activity but at the same time a learning opportunity. It all went okay, and I learned that patients are all different and going with the flow is the best unlike planning prior on what to say or do.

- What went well?

The whole simulation went well. I felt satisfied with my role as the nurse when my patients stated that they were now feeling better after medication.

- What could have gone better?

Doing simulation without having done the content in class was a little difficult for me. I believe that I would have done differently or better if I had a background knowledge about mental health.

- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?

I played the role of a patient with PTSD and at that momentum I got disturbed especially having lived with someone with such mental problem. IT was a little hard on me because I could not imagine someone in a position I was in. Feeling like you are back on horrific event, that you cannot imagine going back to, after triggered and you in the safest place ever is just so hard to handle especially if you are around people who cannot understand your problem. You can get stigmatized and depressed.

- Did this week change the way you think about mental health? If so, how?

I got a different perspective about mental health today. I learned that the people affected are just human as well and needs just to be treated with dignity and love like any other person and also, they are so helpless and as a nurse I learned that thorough and deep assessment on my patient plus therapeutic communication can make a huge different on my patient's health and state of mind.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?

I will always use the knowledge gained to therapeutically communicate with my patient and fully assess my patient to get a clear image of what they are feeling to try make my patient feel better. Also, I will take care of the underlying situation before handling the main problem. I will care for my patients with dignity, respect, and love because they deserve to be treated like any other patient without judging and making assumptions about how they are feeling.